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THE DEL FUEGOS RUN WILD AGAIN

MUSIC {page 13}

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BOSTON
Wednesday, February 22, 2012

ANGELL ANIMAL MEDICAL CENTER

Pet. Emergency

▶ Bean, a 118-pound bull mastiff, is recovering in her owner's Roslindale home after swallowing a knife and block of cheese. She recently underwent surgery at Angell Animal Medical Center. {page 06}

Girl calls 911 after neighbor allegedly kills grandmother

- Friends of stabbing victim say her 8-year-old granddaughter was home during break-in, attack
- Woman's 28-year-old neighbor is charged {page 04}

Special section

How to have a healthy heart

- Is it just pain or is it a heart attack?
- What you don't know about heart disease {pages 15-20}

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BU hockey player pleads not guilty to rape charges

POOL
▶ Nicastro

A Boston University hockey star accused of raping a female student on campus during the weekend pleaded not guilty in court yesterday and was held on $10,000 cash bail.

Max Nicastro, 21, was ordered by a Brighton judge to stay away from the victim, a female BU student, who alleged Nicastro sexually assaulted her on the school's campus.

According to reports, BU police received a call early Sunday morning reporting that a female student had been raped and needed help getting to an area hospital.

Officers responded to the victim's residence, where they found her to be "teary and visibly upset."

The victim told police she was raped and identified Nicastro as the assailant, according to court reports.

The female student was transported to Beth Israel Deaconess Medical Center for further treatment, and Nicastro was arrested.

Nicastro is scheduled to return to court next month. **STEVE ANNEAR**

Politicians aim to put 'civility' in Massholes

City councilors look to revamp roadway safety ◐ Residents speak out against speedy drivers ◐ Officials band together to slow down motorists

Boston City Councilor Matt O'Malley wants to change the way people perceive Massachusetts drivers.

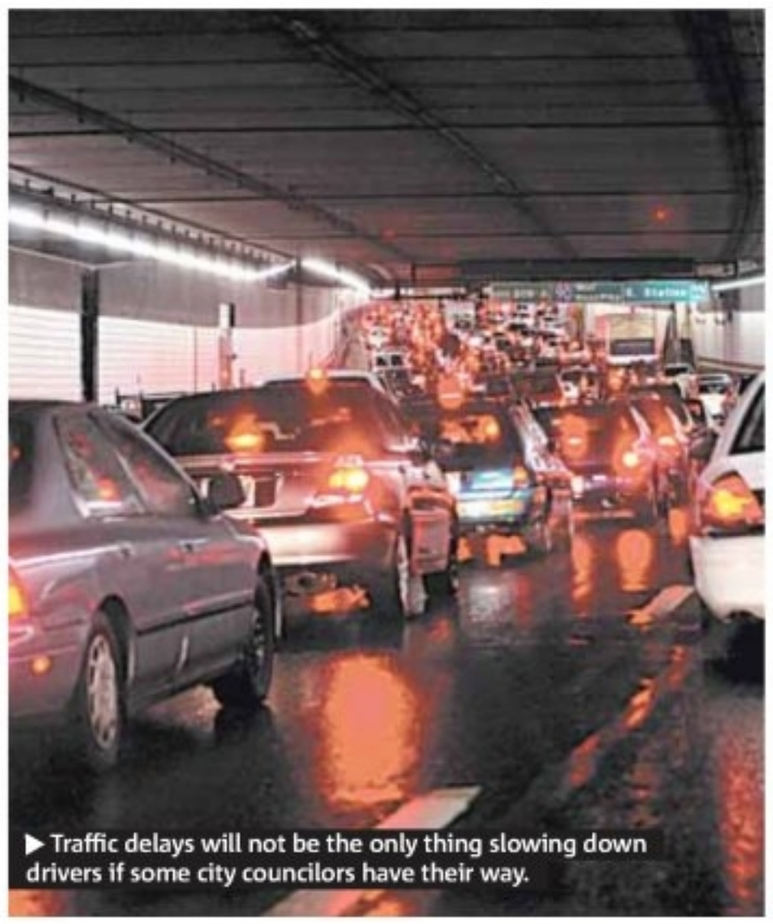
"We Bostonians often get a bad rap for being very aggressive … [I want to make] the term 'Boston driver' synonymous with safety and civility," he said.

During a public hearing yesterday with residents, officials from the city's transportation department, and emergency responders, O'Malley called for increased traffic calming measures like beefed up patrols and more radar speed-signs in Hub neighborhoods.

Councilors also discussed lowering speed limits on secondary streets to 20 mph, a move that would require legislative changes.

Councilor Charles Yancey backed O'Malley, citing Boston's speedy drivers.

"This is an issue that has been important to every member of city council the past 28 years I've been here," said Yancey.


▶ Traffic delays will not be the only thing slowing down drivers if some city councilors have their way.

Yancey said he could think of a dozen streets in his district off the top of his head where speeding is a constant complaint from constituents.

"We have a very bad traffic problem … and someone is going to get killed," said Bob Flaherty, a Temple Street resident.

Flaherty said he sees cars fly through his neighborhood at 45 mph.

While he commended city officials for measures already in place, O'Malley said increased safety procedures would most likely pop up by springtime.

"We will look at this on a case-by-case basis and would like to see this piloted in the city in certain areas," he said.

STEVE ANNEAR
steve.annear@metro.us

WRITE TO METRO:
LETTERS@METRO.US

Improving the roads

City officials discussed the following ways to help make streets safer.

- **Increased** traffic enforcement
- **Road mats** — Removable rubber placings
- **Speed tables** — A long speed hump
- **Temporary** speed bumps
- **More** radar speed signs

No support for permanent speed bumps

Representatives from Boston's Emergency Medical Services said permanent speed bumps installed on secondary streets in the city make it difficult for responders to get where they are going safely.

"[Responders] have experienced issues where the crew in back risks injury if they try to negotiate [a speed bump] near normal speed for emergency vehicles," said Jim Hooley, chief of Boston EMS.

Other officials said the road bumps are counter-intuitive and cause more traffic, gridlocks and difficulties plowing. **METRO/SA**

▶ Museum of Science

Thief's burglaries not down to a 'science'

BOSTON. A suspect wanted for breaking into numerous cars at the Museum of Science was chased by security guards and later arrested by state police early yesterday morning.

According to police reports, Ryan Parrott, 24, of Lowell, was spotted on the second level of the parking garage and pursued by officers and a police dog along the highway near Leverett Circle, through the MBTA station viaduct and later arrested after a brief struggle. **METRO**

Court rules on hosting parties

MASSACHUSETTS. Residents who host "bring your own booze" parties are free of liability if underage guests subsequently drive drunk and cause injuries, deaths or damage, the state's high court ruled yesterday.

Contending that "social hosts" cannot be expected to police their guests' drinking, the court ruled that hosts who supply alcohol to visitors can be held legally responsible for off-premises damage. **SHNS**

Quoted

"This should send a clear message … We will not allow residents of Boston to live in substandard, dangerous, or unsanitary conditions, and we will hold landlords accountable."

MAYOR THOMAS MENINO ON YESTERDAY'S COURT RULING AGAINST THE OWNERS OF A CHINATOWN BUILDING THAT WAS FOUND TO HAVE MULTIPLE BUILDING AND FIRE CODE VIOLATIONS.

Today's local tweet

"I thought someone on the T was wearing cute patterned tights. Upon closer inspection, I confirmed that they're fleece, Family Guy PJ pants."

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Cops: Young girl may have seen stabbing

NICOLAUS CZARNECKI/METRO

▶ Family and friends of the 72-year-old murder victim console each other after the arraignment of Tu Nguyen.

Described by friends as a "caring and loving woman," 72-year-old Mary Miller was stabbed to death inside her home early yesterday morning allegedly by a neighbor with a history of mental health issues.

Police said a young girl was home at the time of the incident and called emergency personnel to the scene. While authorities would not say how the girl was related to the woman, friends said the girl was her 8-year-old granddaughter. She was unhurt.

"We're distraught," said Mishella Etienne, of the Grace Church of All Nations in Dorchester. Etienne said Miller was a member of the church.

Tu Nguyen, 28, pleaded not guilty to the murder charge yesterday. He was ordered held for 20 days and to undergo a mental health evaluation at Bridgewater State Hospital.

Authorities allege that Nguyen broke in to Miller's Dorchester home just before 2 a.m. through a front window, which he smashed, and then stabbed her multiple times.

According to court documents, police obtained video that allegedly shows Nguyen entering and exiting the scene during the time of the incident.

During an interview with police, Nguyen said he was in his house all night and never left, according to the documents.

Court documents also showed that Nguyen had been admitted to a hospital for mental health evaluations when he faced charges for other crimes.

He is due back in court March 9.

MICHAEL NAUGHTON
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Sam Adams to reveal special marathon brew

BOSTON. There is something brewing at one of Boston's premiere beer headquarters.

The Boston Beer Co., known for Samuel Adams beer, plans on unveiling "Samuel Adams Boston 26.2 Brew" at an event Thursday, according to Boston.com

Along with the new bottled beer, the company will announce its first-ever partnership with the Boston Athletic Association, which manages the Boston Marathon.

The beer will feature a lighter body with less alcohol content, keeping both spectators and runners in mind.

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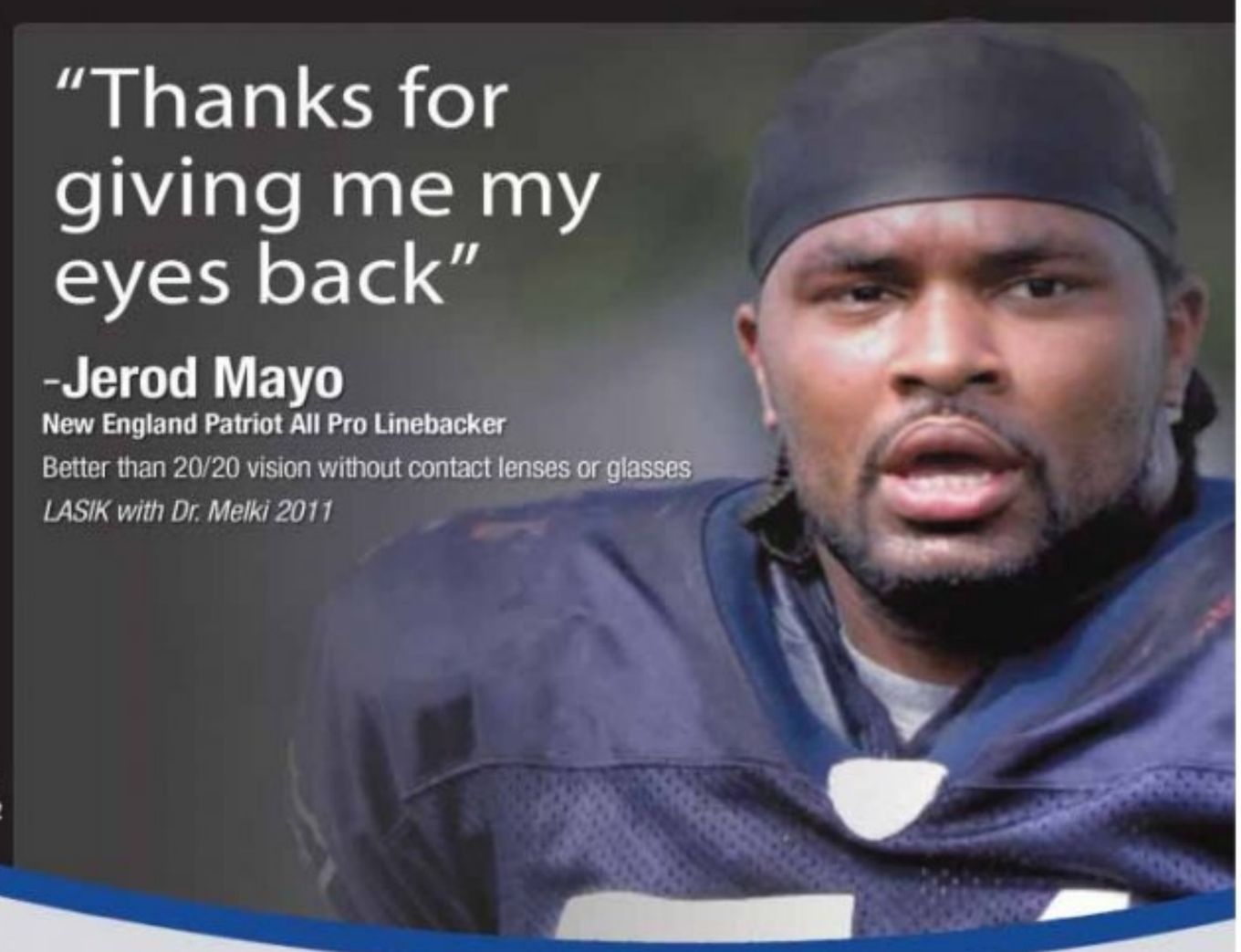

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Dog dines on cheese and serrated knife

Veterinarian says swallowed knife was one of the 10 weirdest incidents he's seen Roslindale dog is now home and recovering with family after ordeal

A Boston resident's mischievous Bull Mastiff is recovering after she gobbled up a 3-inch knife along with a piece of brie cheese and had to undergo emergency surgery to get it removed.

Bean, a 118-pound pup from Roslindale, was rushed to the MSPCA's Angell Animal Medical Center, where doctors said they could clearly see the sharp object in the pit of the pooch's stomach after conducting X-rays.

"It's kind of crazy, but the dog was brought in and indeed the knife was there," said Dr. Mike Pavletic, head of Angell's surgery department. "It required making an incision in the stomach to remove it."

Because Bean swallowed the knife handle-first, she didn't suffer from any lacerations to her esophagus or insides, doctors said.

According to Pavletic, Bean is home with her owner, Sean Burte, and is expected to have a healthy recovery.

Burte said he was thankful for the team at Angell.

"It's obviously a very scary moment when you realize that your dog has consumed a knife. ... We're just so glad to have her back home," he said.

STEVE ANNEAR
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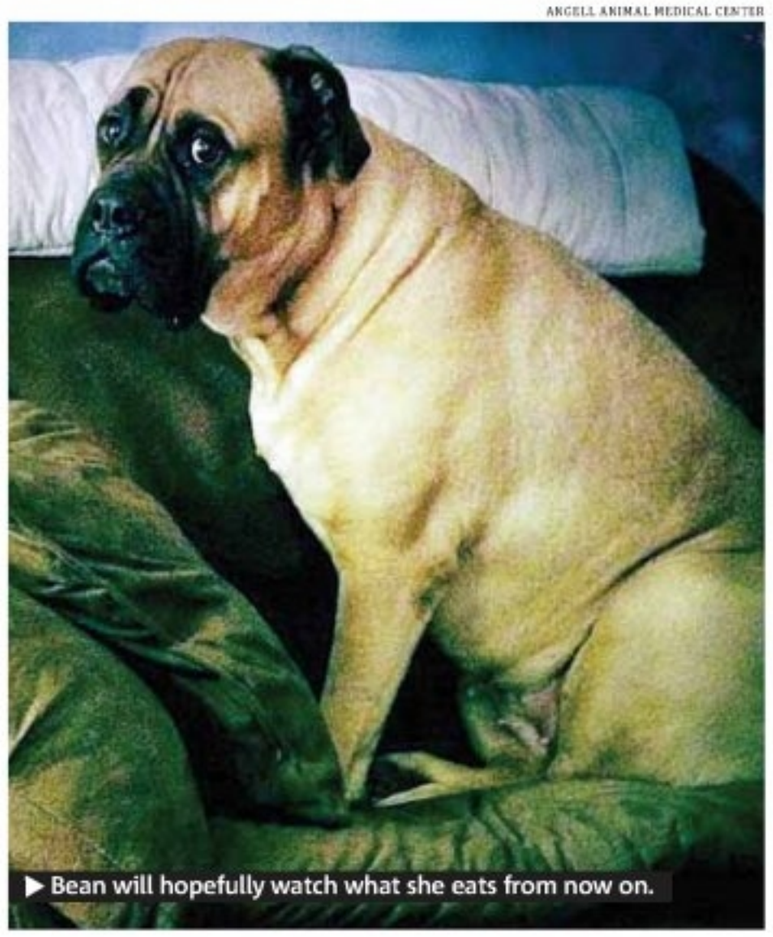
ANGELL ANIMAL MEDICAL CENTER



Bean will hopefully watch what she eats from now on.

Odd operations

Dr. Mike Pavletic said he has overseen some strange surgeries in his day. He gave Metro some examples.

- The removal of five pounds of gravel from a dog's stomach
- Taking out corn cobs, peach pits and teriyaki skewers in the summer
- Socks, underwear and jewelry are common, too.

"Bean is very lucky. ... She did very well throughout the surgery and we're glad to see her recuperating at home."

DR. MIKE PAVLETIC, HEAD OF ANGELL'S SURGERY DEPARTMENT

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Read a book — no, another book

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Rick Santorum should spend less time with his bible and more time at a biblioteca.

Santorum believes that climate change science is a hoax, and this week he offered some of his reasoning. He explained that "man has dominion over the Earth" and "unlike the Earth, we're intelligent and we can actually manage things." But environmentalists, Santorum says, view man "just like any other species out there." They spend too much time "worshiping the Earth" and not enough time worrying about "man and his light."

So, Rick Santorum rides in cars, flies in airplanes, protects his family's health with modern medicine, receives his campaign funding through a worldwide electronic banking system and communicates with voters via TV and the Internet — while simultaneously believing that his incoherent extrapolations from the book of Genesis are an admissible argument against science?

These wonders of modernity would be impossible if millions of scientists, each devoting their lives to the discovery of counterintuitive truths, had not persevered in convincing a skeptical world that its traditional understandings of how things worked — reeking of superstition and religious dogma — were bitterly mistaken.

What Santorum fails to understand is that climate science is no different than the rest of science — it is produced by the very same research methods and rigorous evaluative standards as all other science. In fact, this is precisely what makes something "science," and not speculation, religion or, dare I say, politics — it's called the scientific method.

GETTY IMAGES

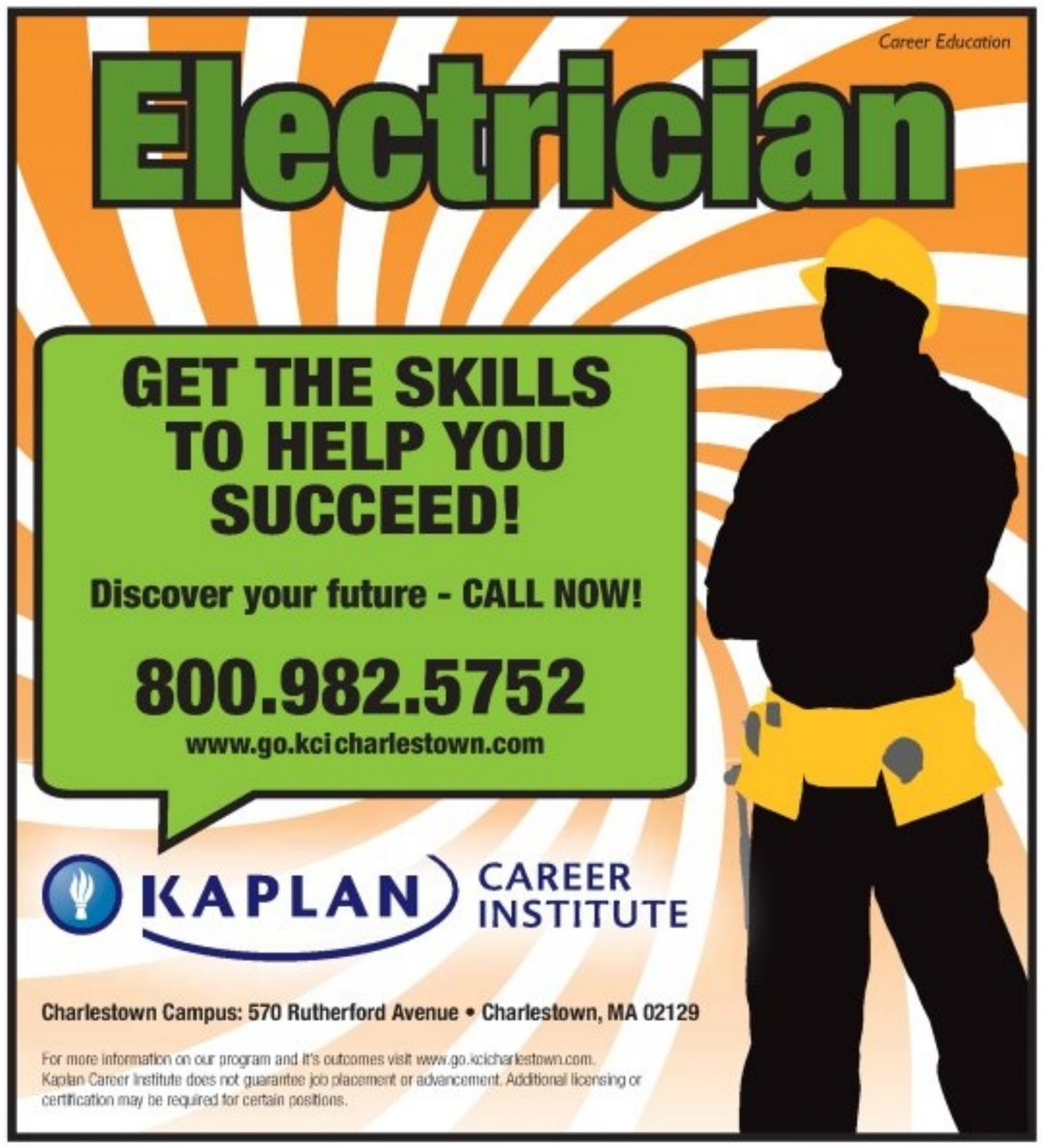
▶ Climate change is all in your mind.

When a scientist claims to have used the scientific method, the other scientists make no leaps of faith. Instead, they scrutinize every aspect of the research and hunt relentlessly for the smallest mistake, for any remotely questionable data. Only after the vast majority of a researcher's peers, each poring over not only the research itself but every criticism of it, can find no flaw in the researcher's adherence to the scientific method — only then — can the findings be cautiously said to have produced a scientific fact.

Climate change research has undergone the same rigorous review process as research that has led to the space program, the prevention of polio, the Internet and even the carbon fuel extraction and consumption techniques that scientists now identify as a primary cause of climate change.

The fact that "97.5 percent of climatologists who actively publish research on climate change" have reviewed such research without objection should motivate even someone as ignorant as Rick Santorum to pause, if only momentarily, to consider whether he is truly willing to gamble the fate of the world and all of God's creatures on his unsubstantiated gut feeling that either (1) all of these scientists are, on just this one topic, somehow mistaken, or (2) Jesus will arrive in the nick of time and, sailing across the bubbling oceans atop the last dwindling slab of glacial ice, whisk the righteous away to a better place where there aren't any consequences for one's actions — or for one's beliefs.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.



myentertainment

THE WORD

Metro's **Dorothy Robinson** shares her take on the world of gossip @dorothyatmetro dorothy.robinson@metro.us

Barrymore seen with sonogram pics

I've been so unfortunately fascinated with what might possibly be going on with **Jennifer Aniston**'s uterus that I've totally forgotten to be inappropriately inquisitive with what is happening with **Drew Barrymore**'s. So, I was slightly blindsided when I saw the photos of the actress, 36, taken along with her new fiance, the 34-year-old art consultant **Will Kopelman**, leaving a Beverly Hills doctor's office, holding what are definitely sonogram photos.

TMZ.com, who has published the photos, reached out to Barrymore's rep, who told the site, "No comment."

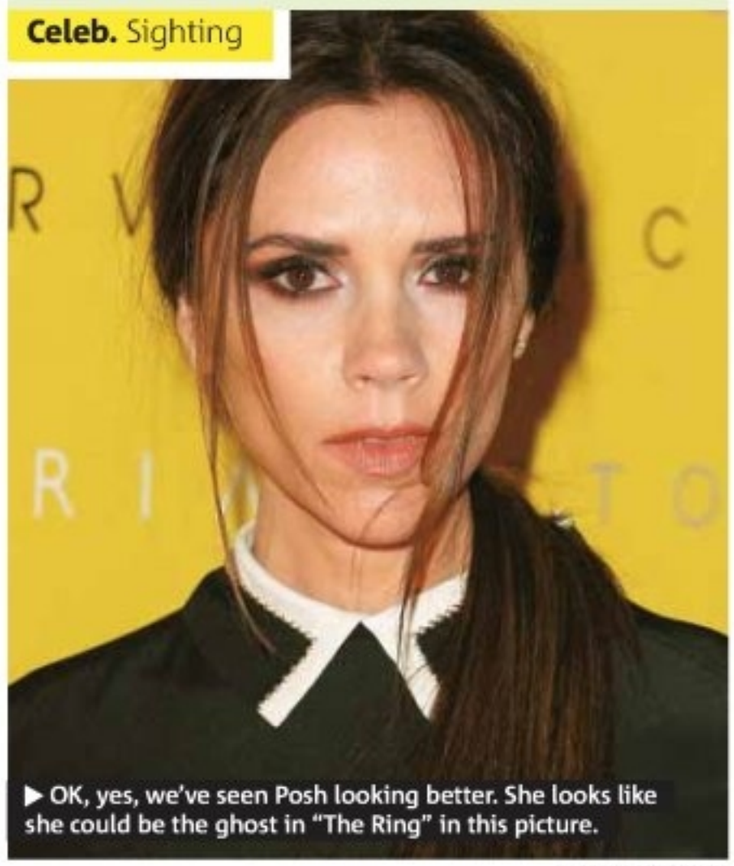
Of course, it's not a done deal until there's a cover on People magazine proclaiming her fertility, but, as you can tell by these recent snapshots of Barrymore (right), she's totally letting her roots grow out and is wearing much baggier clothing. Also, she looks fantastic.

Women in Hollywood have been declared pregnant for much, much less. Here's hoping for awesome Barrymore babies!

Drew Barrymore visited the "Tonight Show With Jay Leno" on Feb. 2.

Barrymore was spotted at the Marni at H&M Collection Launch on Friday in Los Angeles.

Celeb. Sighting



▶ OK, yes, we've seen Posh looking better. She looks like she could be the ghost in "The Ring" in this picture.

ALL PHOTOS GETTY IMAGES

C'mon, give Victoria Beckham a break, world!

Victoria Beckham is striking back at critics who have said she's been looking miserable lately. "Look, if people want to say I'm miserable then so be it," Beckham tells the Sunday Mirror, explaining that she's just exhausted from the combination of having new baby girl Harper to care for and a fashion line to oversee. "And then people want to say I look crap. Well, I'm a working mum, so give me a break."

Talking points

No hope for Seal and Klum

It looks like any hopes for **Heidi Klum** and **Seal** patching things up have been dashed, as Klum reportedly feels better and better about her decision to file for divorce every day, according to People magazine. "They have had very little contact and Heidi wants to keep it this way," a source says. She feels less stressed out now and feels it's best to be away from Seal, so she doesn't get confused about her feelings. She is moving forward with the divorce." Some fans held out hope for reconciliation as the famous couple continued to wear their wedding rings — and apparently they weren't alone.

Aniston

Aniston clears up the rumors

Since **Justin Theroux** broke up with his girlfriend of 14 years shortly before getting together with **Jennifer Aniston**, the former "Friends" star has been dodging claims that she's a home-wrecker. But Aniston insists she and Theroux — who met while filming "Wanderlust" — didn't get together until later. "Nothing happened on that movie," she tells GQ magazine. "It's a rumor — it's the easy rumor, but nothing happened. We were just friends." Speaking of rumors, Aniston continues to use her current press tour to clear up a few stories floating around about her. "I'm not having triplets. Not having twins. Nor am I having one baby. I did not elope," she tells the magazine. "The one time I do say, 'Yes! I'm pregnant!' they'll be like, 'Pfft. Right.'"

Tebow on Perry rumors

Tim Tebow insists that he and **Katy Perry** are not dating — much to the dismay of Perry's mother. "No, there's not" any truth to the hookup rumors, Tebow tells Hollyscoop. "I'm just having fun and enjoying my life, trying to enjoy every moment and not get too caught up in any of the hype."

Driver reveals baby daddy

After keeping mum for three years, **Minnie Driver** has revealed the identity of the father of her son, Henry, saying it was a writer on "The Riches," her former TV series. "He's not famous," Driver tells the Observer — without actually naming the man. "I don't need to protect him anymore. He can fend for himself. He's a grownup. I chose to protect him and not have a rain of publicity." As for how things are now between Driver and Henry's father? "Is he a good dad? Sort of. He's figuring it out," she says. "I mean, he hasn't been that involved — his choice."

The feed ...

▶ Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Albert Brooks is surprisingly optimistic, Lindsay Lohan just wants to listen to some music, Cee Lo Green is feeling good about this year, and Joan Rivers is happy to be recognized.

@AlbertBrooks
I'm feeling so good this morning that I set my doomsday watch back by a whole minute.

@lindsaylohan
iTunes is DRIVING ME INSANE... why does it do this? It literally, is LYING to me and saying that my security code is NOT correct & IT IS!

@CeeLoGreen
2012 is mine

@Joan_Rivers
Just found out I will not be a presenter at next week's Oscars. I did, however, get a callback for the "death reel."

Green

myentertainment

TV watch list

▶ Bethany Joy Galeotti and Chad Michael Murray star on "One Tree Hill."

'One Tree Hill'

DRAMA. How do we know things are really winding down over in Tree Hill? Because Chad Michael Murray makes his long-awaited return tonight as Lucas, who lends a hand to old pal Haley while Nathan makes an escape attempt. **8 p.m., The CW**

'Royal Pains'

DRAMA. Jack's illness is more than a medical problem Hank is unable to cure — it spells Jack's demise, a fate Hank is having a difficult time accepting. **Season finale, 10 p.m., USA** AMBER RAY

La Vita loca

Two top games for Sony's new portable system are hitting the market How they'll put the PS3 to shame

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@METRO.US

Get ready to empty your already near-desolate bank accounts. Sony's new portable system, the Vita, is finally here. It offers graphics and gameplay that just about rival current gen systems and, best of all, allows you to play on the toilet. Here are reviews of two standout launch titles.

'Hot Shots Golf: World Invitational'

Console: Playstation Vita
Company: Sony
Grade: ●●●●○

This series is a weird mix. Aesthetically it's a loud, often cacophonous, hodgepodge of Japanese tomfoolery. Below all of that, though, lurks one of the most realistic and fun golf sims on the market. This version could easily fool people into thinking it's for the PS3. It looks great, plays great and offers up robust Internet functionality.

The controls alone are enough to make you swear off tablet and smartphone golf games for life. It's a pleasure to plan and execute shots using real buttons with no worry of touch-screen accidents. The game's only downside is its steep difficulty. Even Sam Snead would have trouble getting a gold medal on the later stages.

▶ Eighty-five percent awesome.

'Uncharted: Golden Abyss'

Console: Playstation Vita
Company: Sony
Grade: ●●●●○

Can a portable version of Sony's blockbuster franchise offer up the same cinematic thrills as its console counterpart? Well, just about. Using our comparo-tron supercomputer we have ascertained that this new "Uncharted" is about 85 percent as awesome as the PS3 versions. Still, 85 percent in the palm of your hand is pretty astounding.

The graphics are unreal and make you want to nudge the person next to you to check it out. The story and voice-acting are as great as you remember, sending Nathan Drake in search of a lost city of gold. Ditto for the gameplay. It's the same mix of action and puzzle-solving you know and love only, well, smaller. The game does lack some of the "holy crap" set-piece moments the series is known for, though.

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Show Your Kids' Teeth Some Love During Children's Dental Health Month

Massachusetts Dental Society

You might think that the most exciting part of February is Valentine's Day, or perhaps the fact that spring is around the corner. However, did you know that the month of February is also strongly tied to oral health, especially to that of your kids?

February is National Children's Dental Health Month, sponsored by the American Dental Association. Dental Health Month is designed to raise public awareness about the importance of children's oral health. The Massachusetts Dental Society (MDS) wants to take the time to remind you about important oral health tips for kids—and for you, their parents.

It's essential to begin oral health care as soon as your baby is born. Clean his or her gums gently with a clean gauze pad or washcloth after each feeding. Parents should brush their baby's teeth gently with a soft-bristled toothbrush and a small amount of water as soon as the first tooth appears, typically between six months and one year.

Parents should also begin flossing their children's teeth as soon as the teeth are close together and any two are touching, usually by the age of four. Brushing does not remove the food particles and plaque that builds up between the teeth, so flossing is critical. Using a smooth-coated, mint-flavored floss will appeal more to young mouths.

As for the use of pacifiers and thumbsucking, there's no need to be overly nervous about this common habit. Thumbsucking and pacifier use is a normal, soothing reflex for babies and toddlers. Most children will stop sucking their thumb between the ages of two and four, and typically no harm is done to their teeth or jaws. That being said, some children who repeatedly suck on a finger or a pacifier for long periods of time may push their upper front teeth toward their lip, or their front teeth may not come in properly. Positive measures, such as praise or small, non-food rewards such as stickers, can be given to encourage children to stop this habit.

Dental visits are also very important to ensure that you child's teeth are coming in properly and do not show signs of decay. The American Academy of Pediatric Dentistry and the American Academy of Pediatrics both recommend that a child's first visit to the dentist be six months after the eruption of the first tooth, or by the age of one.

By understanding the importance of good oral health care, you can show your kids' teeth some love during February—and year round.

For more information, visit www.massdental.org

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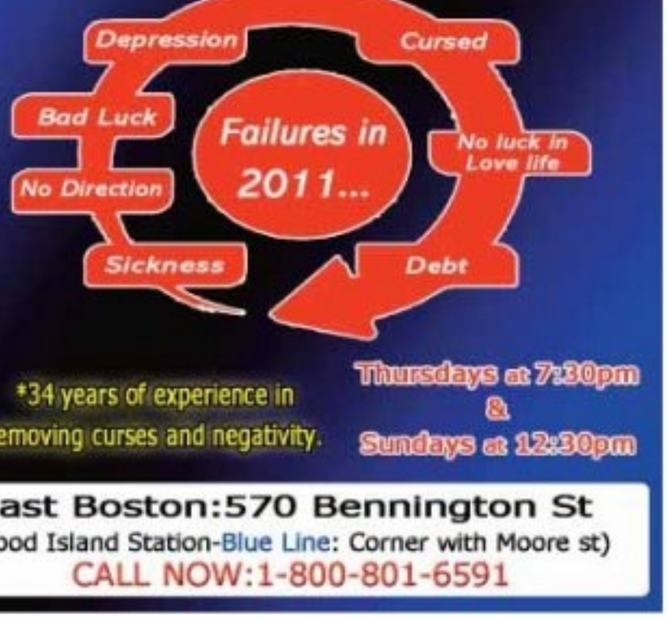

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Burgundy gets a lift

How Christopher Kane, McQ and Acne sold us on fall's most ubiquitous color at London Fashion Week

As far as colors go, burgundy is a pretty lackluster follow-up to all the pops of yellow we saw for spring. That age-old mix of red and brown brings to mind '80s corduroy, Avon lipstick and micro-suede couches sold at discount in suburban furniture warehouses — hardly something women would clamor to wear. Simply put, the maroon parade that marched its way through New York was kind of a letdown.

Then the London shows came along and things changed. In Christopher Kane's hands, the shade became sexually charged and gothic with his leather-trimmed dresses, padded coat and cigarette trousers. To be frank, Kane used a shade that more so resembled freshly drawn blood than living room curtains with

McQ

Acne

a tech-y, moire fabric that changed tones as the models moved. The costume designers for "True Blood" should take note. Vampire Pam's closet could use an update.

Acne, meanwhile, gave burgundy a futuristic sheen in glossy leather pieces such as sleek trousers, a belted sculptural coat and full skirt. They looked subversive and directional — and, yet, timeless. You could wear these without looking like you've succumbed to the trend of the season and pull them out a few years later and still look modern.

Most memorable, though, were Sarah Burton's sublime plays on texture at McQ. Burgundy looks best when done in rich, touchable things and Burton exploited this to maximum effect. Take her V-neck dress made out of shaved mink on top and embroidered velvet on the bottom, accessorized with leather elbow-length gloves. It looked glamorous without reading old; it was romantic while still maintaining an edge — a world away from the suburban living room.

GETTY IMAGES
Christopher Kane

KENYA HUNT
METRO WORLD NEWS IN LONDON

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▶ The Del Fuegos were (and are again), from left: Lloyd, Warren Zanes, Dan Zanes and Giessmann.

Dan Zanes revisits The Del Fuegos ◗ He goes from playing for kids to the music he made when he was a kid

In the 1980s The Del Fuegos were one of Boston's most exciting bands. Exemplifying raw garage rock in a pre-grunge era, the band combined country and punk, creating high-energy anthems. While controlling the local scene, the band would go on to play worldwide tours opening for acts like INXS, the Replacements and Tom Petty.

"Even under the best of circumstances, we were a tense and fearful group," notes singer and songwriter Dan Zanes.

Zanes says they were ready to call it quits when his brother, Warren, and bassist Tom Lloyd left the band after their third record: "Without them, things got more and more difficult. ... It was the first part of spontaneous combustion."

The other part was that Zanes had made another Del Fuegos album just around the time that Nirvana broke.

"We instantly felt like dinosaurs," he says. "The Del Fuegos was an amazing way to waste our youth. We got to experience the 'ups,' but we also got to experience the 'downs'—and the 'downs' were very meaningful. We all learned a lot from the art of it all. And if you look at it now, everyone went on to do amazing things."

Warren Zanes went on to earn two master's degrees and a Ph.D. He's now the vice president of education at the Rock and Roll Hall of Fame. Lloyd is a cellist and investment analyst. Drummer Woody Giessmann founded Right Turn, a program offering assistance to artists in recovery from addiction and other mental health issues. Dan Zanes makes family records and he won the Grammy for Best Musical Album for Children in 2007 for "Catch That Train."

NOLAN GAWRON
letters@metro.us

GETTY IMAGES

▶ Zanes, in 2007

Child's play

"After The Del Fuegos, I went into hiding and turned my back on rock 'n' roll, entirely," says Dan Zanes. "When my daughter was born, I had a solo record and was trying to think about what all-ages music would look like. I was able to record something that I wasn't able to find in record stores and made other kids tapes to hand out to their mothers. All of a sudden, no one cared about my solo record, but everyone wanted a copy of this cassette tape. And I had more fun doing it than I ever had with music before, so I stopped the pop music and went full-time into family music."

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▶ It's recommended that you brush your teeth in a circular motion for a full two minutes.

What your mouth can tell you about your health

The benefits of brushing your teeth go beyond a killer smile

White teeth and fresh breath are a dental care bonus, but the real payoff of proper daily cleaning and dental check-ups is healthy gums. Healthy gums equal healthy teeth and a whole lot more.

"Up to 80 percent of the population unknowingly has some form of gum disease," says Dr. Pankaj Singh, founder of New York City-based Arch Dental Associates. "Gum disease causes little discomfort and produces few obvious symptoms in the early stages. But we consider gum disease a problem that can affect the whole body."

Indeed, gum disease — also known as gingivitis or periodontal disease — is linked to increased risk for stroke, heart attack, pre-term births, diabetes complications, Alzheimer's and dementia. "We must address gum disease as a serious, whole-health concern," urges Dr. Singh.

Also, a thorough visual exam of the mouth guards against oral cancer. Warning signs of the disease include sores, blisters, white and red patches in the mouth or on the lips and bleeding in the mouth.

"Its probable cause is accumulative damage from such factors as tobacco, alcohol and persistent viral infections such as HPV," says Dr. Irwin Smigel, president of the American Society of Dental Aesthetics. "It may take decades of smoking to precipitate the development of a cancer, but smoking kills and harms the mouth's important tissue cells."

Dental dos and don'ts

Brushing basics

Thorough brushing means using the right tools and the correct technique. Many dentists recommend electric toothbrushes, which clean teeth and gums without harsh scrubbing. "The right toothbrush can mean the difference between getting a thorough cleaning or damaging your enamel," advises Dr. Smigel, who developed the Supersmile Advanced Sonic Pulse Toothbrush, which delivers 30,000 strokes per minute that clean and massage the gums, increasing blood supply. But the bottom line, advises Dr. Smigel, is brushing twice daily for a full two minutes each time without hard scrubbing. "Placing too much pressure on our teeth can wear away at the tooth enamel, which causes pain [and] sensitivity, as well as an increased risk of tooth decay." So be gentle!

LINDA CLARKE
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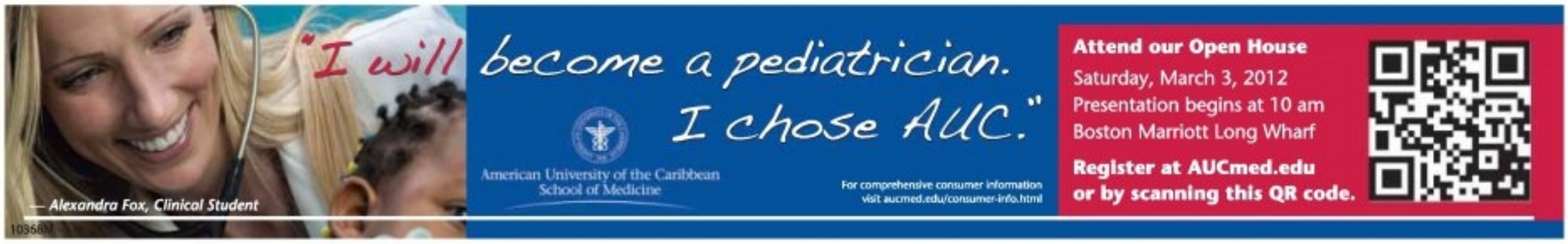

HEALTHY HEART

A SPECIAL SECTION FOR METRO

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WHEN IS IT JUST CHEST PAIN *and when should you* GO TO THE ER?

by Mark Melrose, DO, FACEP, Urgent Care Manhattan

Chest Pain: These two words instantly conjure up the question "Heart Attack?" to anyone who has ever experienced an unfamiliar sensation of discomfort anywhere near their heart. How do you know if your chest pain needs to be evaluated by a doctor "stat," or if the source of your discomfort is something more benign, like a pulled muscle in your chest wall, or acid reflux in the esophagus?

First, a few words about how the body experiences pain. While the pain from musculoskeletal conditions like a pulled muscle or broken rib is usually localizable to a specific source (somatic pain), the perception and origin of pain we experience from internal organs and supporting structures (visceral pain) is often more vague. This is what makes the diagnosis of a heart attack, or not, so challenging for patients and physicians alike.

A good history of the pain should be considered when wondering if your chest pain requires immediate evaluation.

What to take note of:

Quality of pain: *Burning, pressure, sharp, squeezing*

Frequency / Duration: *How often and how long does it last?*

Onset: *When did it start and what were you doing?*

Radiation: *Does the pain go to your neck, jaw, right arm or left arm?*

Associated activity: *Exertion, deep breaths, after a heavy meal*

What makes it better or worse: *Position, breathing, movement, rest?*

Associated symptoms: *Nausea, fatigue, cold sweat, palpitations*

These factors are all helpful in determining a cardiovascular source of the pain, as opposed to a more benign gastrointestinal or musculoskeletal etiology. Pain that is sharp, fleeting, lasts a few seconds, is easily reproducible, non-radiating or gets better or worse with position is less likely to be cardiac. A heavy pressure or burning sensation, accompanied by fatigue and breathlessness, radiating to the neck or left arm, with a cold sweat, associated with exertion and lasting more than two to three minutes, is more ominous and should be evaluated by a physician immediately.

The risk factors for cardiovascular disease — high blood pressure, diabetes, high cholesterol, smoking and a family history of heart disease — also need to be considered, as these make a heart attack more likely, especially with age over 40.

Uncertainty about the source of new chest discomfort is best discussed with your physician. The American Heart Association says: "Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number." While no one wants to incur the inconvenience and expense of a visit to the ER, it is always better to be safe than sorry.

Why taking care of your WHOLE BODY is important

We know that it's important to keep your body in shape to lessen your risk of heart disease, but treating yourself right goes far beyond this bit of advice. Long before arteriosclerosis develops, plaque build-up starts in some surprising places. Take, for instance, the proven link between gum disease and heart disease.

"Unhealthy gums lead to a buildup of damaging C-reactive protein, which can trigger arterial plaque," says periodontist Dr. Baruch Tetri, head of Manhattan's Periodontics & Implant Surgery.

Dr. Tetri explains how anaerobic bacteria, which thrives without oxygen, grows below the gum line: "As it dies, it forms a layer on which more bacteria grows and dies, eventually creating a biofilm," he says. The biofilm is the plaque removed at the dentist's office.

"Inflammation happens first, then it's a chain reaction," Dr. Tetri says. Inflammation leads to bone and tooth structure erosion, deepening the gum pockets and thus allowing more plaque to develop and envelop more blood vessels.

"Periodontal disease plays a major role in the treating diabetes and diabetes is one of triggers of heart disease," warns Dr. Tetri. "This is why it's so important that dentists check gum pocket depth and do deep cleaning to rectify any build up of anaerobic bacteria."

And men, listen up: Erectile dysfunction can be a symptom of something going on higher up on your body.

"Most men don't like to talk about erectile dysfunction, but they need to," says Dr. Deepak Kapoor, President of Advanced Urology Centers of New York. "It could be a warning sign of cardiovascular disease."

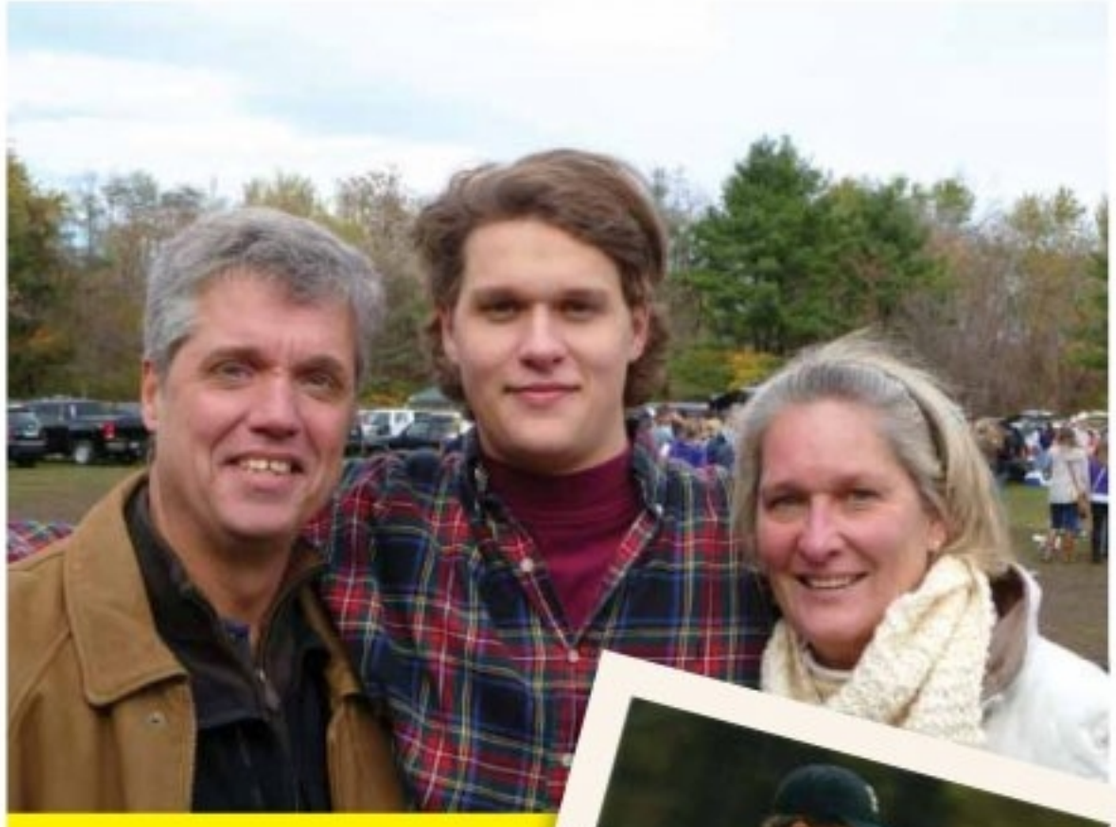
The tiny blood vessels in the penis can be blocked by plaque build-up sooner than the heart's larger arteries.

"You might be years away from heart disease, but take it as a signal and get in shape," advises Dr. Kapoor. "Not having an erection is a death blow to most men, but ignoring symptoms could literally mean that later in life."

General heart disease prevention methods apply to ED caused by plaque build-up; for gums, prevention differs. "Nothing prevents it in terms of food," says Dr. Tetri. "Antibiotics don't help. Vitamin C is great for healing inflammation and for production of collagen to keep blood vessels healthy. Avoid over-the-counter mouthwashes that are high in alcohol. Alcohol irritates the soft tissue. I recommend homemade mouthwashes made with baking soda, salt and a little iodine."

SUDDEN CARDIAC DEATH

What is it? Why does it happen?



DAVE AND JOANNE BABBITT (PICTURED HERE WITH SON ANDREW) FOUNDED THE JOHN TAYLOR BABBITT FOUNDATION AFTER THEIR SON JOHN (INSET) COLLAPSED AND DIED FROM SUDDEN CARDIAC ARREST DURING A BASKETBALL GAME AT THE AGE OF 16.

Sudden cardiac death sounds scary, and it is. Despite its title, though, it isn't instantly fatal. Sudden cardiac death means the heart has died, not the person. But if help isn't at hand immediately, then death follows quickly.

"When a heart has stopped beating — that is, it's in a terminal heart rhythm — there's a certain window to act," says Dr. Alan Gertler, an associate professor of medicine in University of Alabama at Birmingham's Division of Cardiovascular Disease. "After six to eight minutes, survival starts getting more remote."

Sudden cardiac death, or cardiac arrest, doesn't happen out of the blue, either. Heart disease is a common cause, but it's often a result of congenital factors, such as Marfan syndrome, a connective tissue disorder that includes heart valve problems, or hypertrophic cardiomyopathy, which is a thickening of the heart muscle that leads to rhythm problems. Stimulants such as cocaine can send the heart into spasm and produce cardiac arrest, too.

The oddest thing about sudden cardiac death is that it often happens to young athletes who seem in the peak of good health.

"We really need to screen athletes prior to rigorous training," says Dr. Gertler. "An echocardiogram is the most thorough way, but it's not practical because of cost. Athletes should have an EKG and a thorough check-up, including looking at family history."

Technology saves lives

AUTOMATED EXTERNAL DEFIBRILLATORS SAVE LIVES, BUT PEOPLE ARE OFTEN RELUCTANT TO USE ONE BECAUSE OF CIVIL SUIT IF SOMETHING GOES WRONG. PEOPLE LIKE JOANNE BABBITT, VICE PRESIDENT OF THE JOHN TAYLOR BABBITT FOUNDATION, SUPPORT AED GOOD SAMARITAN BILLS EXONERATING AED USE FROM CIVIL LIABILITY WHEN ATTEMPTS ARE MADE TO SAVE SOMEONE'S LIFE. LAWS DIFFER FROM STATE TO STATE, BUT MOST REQUIRE AN AMERICAN HEART ASSOCIATION OR AMERICAN RED CROSS TRAINING CERTIFICATE IN CPR/AED FOR AED OPERATORS.

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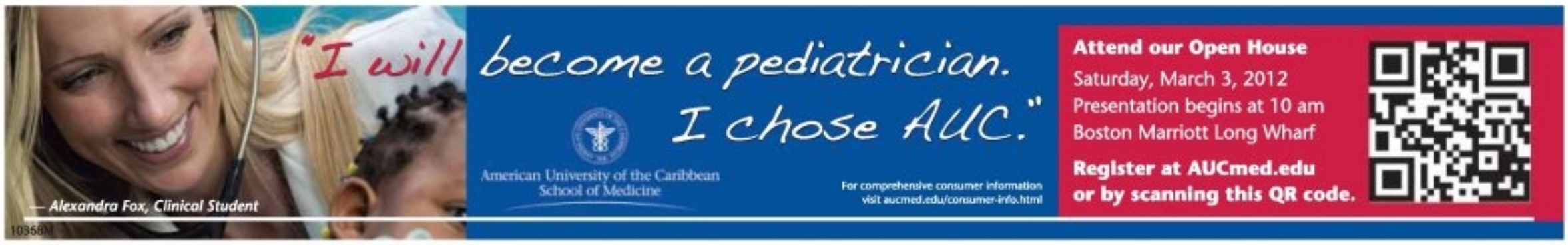


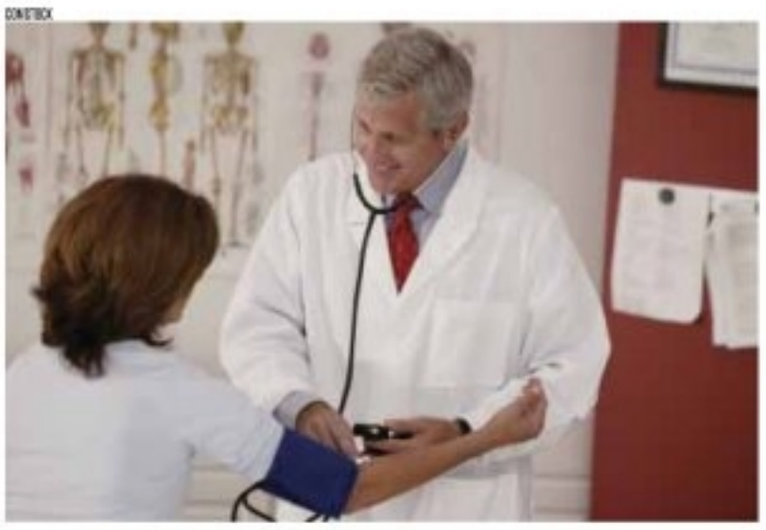
HEART DISEASE: NOT JUST A GUY THING

If there are two words that strike fear in women's minds, it's breast cancer — but yet, heart disease kills more women in the U.S. than all cancers combined. It's a startling fact that Malissa Wood, MD, co-director of the Corrigan Women's Heart Health Program at Massachusetts General Hospital and author of "Smart At Heart," wants women to, well, take to heart.

"I understand how women fear those words — I'm a breast cancer survivor," she says. "But woman need to recognize that they're particularly vulnerable to heart disease. Women get the short end of the stick when it comes to heart care."

While men and women share risk factors like smoking, stress, lack of exercise and poor diet, Dr. Wood says women's basic nature as caregivers increases their stress load.

CONTRIBUX



HEART DISEASE SYMPTOMS FOR WOMEN:

PAIN IN THE JAW, NECK OR BACK • FATIGUE • SHORTNESS OF BREATH

- DR. MALISSA WOOD

"Fifty years ago families lived closer together. Grandparents helped with the kids, often mom didn't work and life was simpler. Stress feeds into everything. It leads to overeating, smoking more. Reduce [your] stress," she advises.

Heart disease isn't sexist, but with men, it affects the main arteries more. With women, arteriosclerosis occurs more in the smaller blood vessels. Of course, women still get artery blockage and full-blown cardiac arrest and the intense pain that goes along with it.

But outside of such an emergency event, symptoms can be subtler and women often experience continuing jaw, neck or back pain, fatigue and shortness of breath as warning signs of arteriosclerosis.

"Overall the figures for fatal heart attacks are decreasing, but it's not decreasing as rapidly for women as it is men," says Dr. Wood. "There's a perception that women's risk is less. It's a knowledge gap we're trying to close."

TAKE ACTION

"Women try to take care of everything and do everything, but often don't care for themselves," says Dr. Wood. She's not the only one who's concerned. Sister to Sister and Brigham and Women's Hospital's free online cardiovascular wellness program, Smart for the Heart, helps women identify and manage their risk for heart disease. Check it out at www.smartfortheheart.org.

COURTESY OF NYSC

An EXERCISE ROUTINE for HEART HEALTH

1 **STEP UPS** Standing behind a 15-inch platform or step, place the right foot on the step, transfer the weight to the heel and push into the heel to come onto the step. Slowly step back down and repeat all reps on the right leg before switching to the left leg. Continue alternating step-ups for three sets of 30-second intervals.

2 **MOUNTAIN CLIMBERS** Place hands on floor, slightly wider than shoulder width. Position one leg forward bent under you body and extend other leg back. While holding your upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under your body, landing on both forefeet simultaneously. Continue for three sets of 30-second intervals.

3 **ALTERNATING LUNGES** Placing hands on your hips with feet about hip-width apart, step out into a lunge with one foot. Drop your back knee down until it's about three inches from the ground. Your front knee should not extend over your toes. Keep your back as straight as possible. Come back up to standing and alternate legs. Continue for three sets of 30-second intervals.

4 **JUMP ROPE** Be sure to choose a rope appropriate to your size by folding the rope in half and having it reach from the floor to just below your shoulder. Skip rope for three sets of 30-second intervals.

4 fab foods that lower cholesterol

by Joy Bauer, MS, RD

These four delicious foods can help drive down your cholesterol numbers — and unlike some medications, their only side effect is a satisfied stomach.

LENTILS Lentils are a good source of soluble fiber, a special type of fiber that plays a key role in cholesterol reduction. Soluble fiber forms a gummy mass in the gut, which binds up cholesterol and helps to block its absorption by the body. By playing interference, foods rich in soluble fiber help to decrease levels of LDL cholesterol (the "bad" cholesterol). Enjoy a hearty bowl of lentil soup for lunch, or simmer some lentils in low-sodium broth with chopped veggies and seasonings for a simple side dish.

ORANGES Oranges are rich in pectin, the stuff that makes jams and jellies gel. Like other forms of soluble fiber, pectin forms a gooey mass in your gut, trapping cholesterol and ferrying it out of your body before it can clog your arteries and compromise your health. One medium orange provides 2 to 3 grams of soluble fiber, as well as other beneficial nutrients such as vitamin C, folate and potassium. You have to eat whole oranges to benefit from their fiber, so put your juicer aside.

SARDINES Sardines are rich in omega-3 fatty acids, which can significantly reduce blood levels of artery-clogging triglycerides. I'm convinced that most people who turn up their noses at the mere mention of sardines haven't actually tried them. If that's you, consider my uncle's favorite sandwich: two pieces of chewy whole-grain bread spread with low-fat mayo and topped with a couple of canned sardines, a slice of tomato and fresh basil leaves.

PISTACHIO NUTS These little powerhouses are a great source of phytosterols, natural plant compounds that block absorption of dietary cholesterol. They're also rich in monounsaturated fat, fiber and antioxidants — all of which are good for heart health. I prefer eating pistachios in the shell because it forces me to go slowly and prevents me from overdoing these healthy but caloric treats.

For more smart information on lowering cholesterol and boosting heart health, visit www.joybauer.com.

WHY HEART ATTACKS HAPPEN MORE IN THE WINTER

IT ISN'T JUST ADDED SOCIAL STRESS AND SNOW SHOVELING THAT INCREASES THE INCIDENCE OF HEART ATTACK IN THE WINTER BY TEN PERCENT — ABOUT A THIRD OF WHICH ARE FATAL — IT'S SIMPLY ABOUT MECHANICS.

BREATHING IN COLD AIR CAUSES ARTERIES TO CONSTRICT TO RETAIN HEAT AND MAINTAIN THE BODY'S CORE TEMPERATURE. THE ARTERY WALL CAN GO INTO SPASMS THAT, FOR ANYONE WITH COMPROMISED ARTERIES, CAN RUPTURE FAT OR PLAQUE BUILD-UP ON THE ARTERIAL WALL. THIS RUPTURE IN TURN FORMS A CLOT — COLD WEATHER ALSO INCREASES BLOOD'S COAGULA ABILITY — AND DISRUPTS HEART ACTION.

"ANYONE WHO GOES FROM BEING USUALLY SEDENTARY TO RIGOROUS ACTIVITY LIKE SNOW SHOVELING IS ALREADY AT RISK, AND BREATHING IN COLD AIR INCREASES THAT," SAYS CALIFORNIA-BASED CARDIOLOGIST DR. RAMIN MANSHADI, AUTHOR OF "THE WISDOM OF HEART HEALTH: ATTAINING A HEALTHY AND ROBUST HEART IN TODAY'S MODERN WORLD."

FATALITIES OCCUR OFTEN WHEN PAIN DURING OR AFTER SHOVELING IS PRESUMED TO BE A PULLED MUSCLE. BUT IT'S BETTER TO BE SAFE THAN SORRY: "DON'T IGNORE A PAIN," SAYS DR. MANSHADI. "IT CAN BE A SIGNIFICANT HEART ATTACK."

DURING WINTER, INFECTIONS SUCH AS THE FLU OR PNEUMONIA CAUSE EXTRA STRESS ON THE BODY AND CAN RESULT IN EXCESSIVE INFLAMMATION, ADDING MORE STRESS ON THE HEART.

AS WE (PERHAPS) COME TO THE END OF SHOVELING SEASON AND THE AIR GETS WARMER, THE RISK LESSENS. BUT NOW IS THE TIME TO TAKE ACTION FOR YOUR HEALTH.

"GET IN TUNE NOW," SAYS DR. MANSHADI. "DON'T JUMP IN — START EXERCISING SLOWLY AND LISTEN TO YOUR BODY. MAINTAIN YOUR IDEAL WEIGHT AND WHETHER IT'S WINTER OR SUMMER, DON'T EMBARK ON ANY STRESSFUL EXERCISE IF YOU AREN'T USED TO IT."

Cardiac deaths peak in January. The first line of defense is education and common sense. *"Know your risk. Get checked out. Get a detailed exam and find out whether you are at risk. If you are, don't shovel snow,"* Dr. Manshadi advises. *"But even if you aren't at risk, in winter wear layers of clothing to maintain a core temperature."*

What's up, doc?

FREE mini-med school classes for the general public

March 6, 6:00–7:30 pm
Patience and Patients
Understanding the spectrum of Alzheimer's disease

March 20, 6:00–7:30 pm
Singing in the Shower to Shaking in Your Boots
The science of emotion

April 3, 6:00–7:30 pm
Panning for Therapeutic Gold
Cancer genetics

April 24, 6:00–7:30 pm
Haute Culture
Tailoring stem cells to make us well

Presented by faculty from Harvard Medical School and its affiliated hospitals.

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Public school teachers are eligible for 10 PDPs for attending all four classes.

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Harvard Medical School is a short walk from the Longwood stops on the **Green D and E lines** and **#39 bus**. Parking is available at public garages.

To sign up, please call **617.432.3038** or visit **www.hms.harvard.edu/longwood_seminars**

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"I HAD A HEART ATTACK"

Maxine Levy was just your average woman working in New York when the unthinkable happened. Here, she shares her story.

MAXINE LEVY (LIEFT) AND HER MOTHER, SHIRLEY

"At 41, I was a busy woman. I had a husband and children at home and a high-pressure job in Manhattan. The last thing I expected was a heart attack. When it came, it completely blindsided me.

As it turns out, I was a heart attack waiting to happen. I have a family history of heart disease and low levels of HDL, the "good" cholesterol. And, of course, plenty of job stress.

Unfortunately, my doctor never mentioned my heart risks and since I didn't smoke and was taking cholesterol medication, I thought I was home free. I was deluding myself.

The heart attack wasn't one of those dramatic episodes with crushing pain in my chest. What I felt was overwhelming nausea and cold sweats, which I recognized only because it's exactly what happened when my aunt had her heart attack years before me.

I woke my husband and told him that I thought I was having a heart attack. He thought I had lost my mind, but called 911 anyway. When the paramedics arrived, they hooked me up to an EKG and saw immediately that I was "flipping T-waves," or, in other words, having a heart attack.

That was 16 years ago.

When I came home from the hospital, I went through a period of anxiety, which is common after a heart attack. I was afraid to go out, afraid to climb stairs, afraid to go to work.

My family was completely supportive. My mother, now 85, rode the subway to work with me that first day back. My husband did the cooking and household chores. We changed the way we eat, choosing healthier foods and cooking methods. My doctor put me on an aspirin regimen. I started exercising every day – and still do. I learned to make easy changes, like getting off the subway a stop before my destination to get in a few extra steps each day.

As I gained a greater sense of control over my life, I realized that by making the call to 911 and living a healthier lifestyle, I was a survivor.

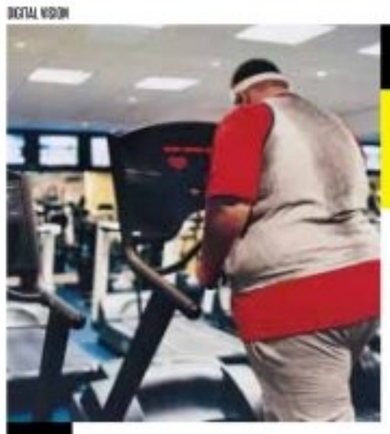
Soon, I connected with WomenHeart, the National Coalition for Women with Heart Disease, which provides support and important information for women living with heart disease. With training, I became a "champion," and I speak publicly to raise awareness that heart disease is not just for old men. It can be a young woman's disease, too.

There are 42 million women in this country living with or at risk for heart disease. February is Heart Month, and one way women and their families can help cut their risk is by taking the ProHeart Pledge on Facebook (www.facebook.com/iamproheart) and committing to living a heart-healthy life. For each pledge, Bayer will make a $1 donation, up to a total of $100,000, to WomenHeart. The ProHeart Pledge is a great first step on the road to becoming a heart health advocate and living ProHeart."

To learn more about free support services and why heart disease is the leading health threat for women, visit www.womenheart.org.

"THE HEART ATTACK WASN'T ONE OF THOSE DRAMATIC EPISODES WITH CRUSHING PAIN IN MY CHEST. WHAT I FELT WAS OVERWHELMING NAUSEA AND COLD SWEATS..."

DIGITAL VISION



REVERSING THE EFFECTS OF HEART DISEASE THROUGH LIFESTYLE CHANGE

The body's remarkable power to rejuvenate means that if caught early enough and given the right conditions, it can overcome organ degeneration such as non-congenital cardiovascular disease.

"Lifestyle modification can halt and even reverse arteriosclerosis," reports Dr. Herbert A. Insel, senior cardiologist at preventive health practice EHE International and an instructor at New York University School of Medicine.

Yes, that's right: Healing is in your hands. Daily eating and exercise habits, as well as your attitude and outlook, are the remedies for both stable plaque (which restricts blood flow without immediate danger) and the more dangerous unstable plaque (which easily ruptures and causes blockage and cardiac arrest). The first step in reversing plaque is to face the facts.

"There are four elements and all are equally important: a good quality diet, portion control, aerobic exercise and mental wellbeing," Dr. Insel says. "Stress is as dangerous as any other component. Acute stress causes changes in the body; chronic stress causes plaque build-up. Find a healthy way to release stress. I like to do my exercise routine at night to music, or in front of the TV. Do it in your own way, but do it everyday."

Heart disease doesn't happen overnight and there's no instant fix to halt its progression or reverse it. The road to recovery starts with daily choices to avoid risk factors. "I'll take someone switching to a healthy diet, even if they still remain overweight," says Dr. Insel. "It's a start in the right direction, it's progression. Do it at a pace that is comfortable so you don't fall off the wagon."

Indeed, the benefits of sticking with the program are worthwhile.

"Reduce any one risk factor and you lessen cardiovascular disease by 20-30 percent," says Dr. Insel. "Modify all and the figure is an 80-90 percent reduction in future adverse heart conditions."

Letters

letters@metro.us

Re: "New war? Debate could be final decider"

The article by Michael J. Frosch was refreshingly accurate and honest. There are few positives to going into an elective war against Iran, a nation that has never attacked the U.S. However, the U.S. has sponsored operations against Iran, such as Operation Ajax, which reinstalled the Shah of Iran over a people who didn't want him. Now the U.S. and Israel are poised to get involved in another needless war.
ROBERT TAYLOR, VIA E-MAIL

"If Israel strikes Iran, it will NOT be because of any nuclear threat. Follow the money!"

Any presidential candidate who believes it's okay to promote war on Iran, with as little information as we have today on the matter, has clearly failed to learn from history — history that has occurred this decade. If one can't even learn from recent history, how can we count on them to not repeat failures? **COLLIN, VIA E-MAIL**

Michael Frosch is to be commended for having the courage to write, and Metro for printing, his excellent opinion piece about mainstream media and pro-war propaganda. Our famous news sources have a lot to answer for in the lies they print and broadcast about U.S. wars and their slavish obedience to the military industrial complex.
PAUL SIEMERING, CAMBRIDGE

Ah, finally a politics section that is free from the hodgepodge of bipartisan bickering and chock full of eloquently presented facts that are topical and concise. The political writing of Michael J. Frosch is truly a breath of frosch air.
HANS HAUGEN, VIA E-MAIL

It is astounding how much one can turn the other cheek with Iran. Michael says that war with Iran is a terrible idea, that we don't know their nuclear program intentions and they had nothing to do with the bombings targeting Israeli diplomats. What he doesn't say is that Iranians were arrested for these attacks trying to flee India, and that Indian leadership is trying to save its energy ties with Iran — while making sure not to upset its strategic alliance with Israel. That is why they report the bombings weren't done by Iran. **NOAM INSLER, VIA E-MAIL**

I am not a war hawk, but must correct guest columnist Michael Frosch who wrote that there is no evidence of Iran behind bombings around the world but only "speculative accusations of Israeli officials, who have blamed three recent bombings in Georgia, Thailand and India on Iran." Frosch fails to mention the suicide bomber in Thailand and his accomplice who was caught at the airport also had Iranian passports. Check it out.
A.J. MIKOFSKY, VIA E-MAIL

Michael J. Frosch denounces the "apocalyptic priapism" (whatever that is) of Santorum, Romney and Gingrich. The same day we have an Associated Press report from Azerbaijan detailing Iranian skullduggery there — and in places as far away as Thailand. Great timing!
SEAN O'ROURKE, CAMBRIDGE

E-mail your letters: **letters@metro.us**

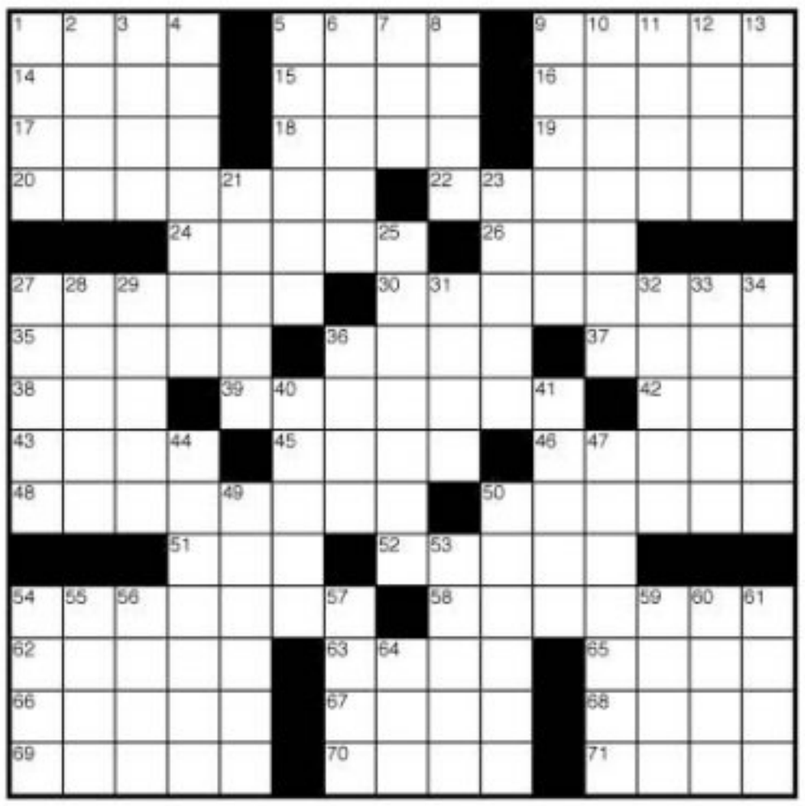
Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♓ Pisces **Feb. 20-March 20.** Although it will be easy for you to get along with most people, you can still expect cross words to come out of your mouth if a nasty person ticks you off. Avoid such types if you can.
♈ Aries **March 21-April 19.** If you expect friends or family to do things for you that you can easily do for yourself, you're going to be severely disappointed. You had better be ready to go it alone.
♉ Taurus **April 20-May 20.** Even if you're sure of yourself, it isn't smart to forcibly impose your beliefs on others. You might win the argument but alienate your pals in the process.
♊ Gemini **May 21-June 20.** Although you may be able to see some changes that would clearly benefit your family, your kinfolk may not be prepared to make them.
♋ Cancer **June 21-July 22.** Even if another has better ideas, you may not be easily convinced. Make sure that you're not putting the kibosh on something cool just because your pride is wounded.
♌ Leo **July 23-Aug. 22.** Your conclusions regarding how others should be managing their affairs will be right on the money, yet when it comes to your own bailiwick, you'll suddenly go blank.
♍ Virgo **Aug. 23-Sept. 22.** Avoid inclinations to treat simple situations in a heavy-handed manner. If you take yourself or events too seriously, you are likely to just make yourself sick.
♎ Libra **Sept. 23-Oct. 23.** Attend to tasks that require know-how and concentration as early in the day as possible, while you're fresh and alert. As time ticks on, your temperament and talents could lose their cutting edge.
♏ Scorpio **Oct. 24-Nov. 22.** Socializing and being with friends will be fun, provided the time spent with them is of short duration. Unfortunately, your social graces might not have much staying power.
♐ Sagittarius **Nov. 23-Dec. 21.** Because your temper might have a short fuse right now, you could bring woe to those who cross you and make you angry. Sadly, the probabilities of you misinterpreting others' intentions will be high.
♑ Capricorn **Dec. 22-Jan. 19.** Have the courage of your convictions, because if you don't, a know-it-all might try to intimidate you by discounting your ideas in front of others.
♒ Aquarius **Jan. 20-Feb. 19.** Instead of applying incoming funds to new endeavors or merchandise that you've had your eye on, it would be a whole lot smarter to pay off some of your old debts first.
BERNICE BEDE OSOL

Across
1 Put on display
5 Fritz's missus
9 Hunks' dates?
14 Cigar producer
15 They accompany aahs
16 Basketball venue
17 Improves, as wine
18 Kind of hog
19 Tree-age evidence
20 Beats
22 In __ (overdue)
24 Vaquero's rope
26 Chinese dynasty
27 Agreement
30 Dogs with beards (2 wds.)
35 Exercise, as power
36 Wingspread
37 Inoculants
38 Collection of tales
39 Found seats
42 Consumer protection org.
43 Rajah's consort
45 Wish me __!
46 Bucolic
48 Leave a horse
50 Compassionate
51 Opposite of post
52 Crush grapes
54 Global specks
58 Worked fast
62 Goddess of the hunt
63 Alcott and Tan
65 Limerick locale
66 Snowy-white bird
67 __ as you are
68 She, in Cherbourg
69 Place for a spat
70 Flower product
71 Russian veto word

Down
1 "Lion King" villain
2 Hefner or Downs
3 Comply with a command
4 Resource squanderer
5 Layout of a publication
6 Perch
7 Just as I thought!
8 Beef-rating org.
9 Ms. Fawcett
10 Familiarizes
11 Warrior princess
12 RR employee
13 Get fresh
21 Ashram dweller
23 Bonn's river
25 Viewpoints
27 Prize
28 Red Sea peninsula
29 Connery and Lennon
31 Pay attention
32 Striped animal
33 Cosmopolitan
34 Pricey fur
36 Ignore pointedly
40 Fishtailed
41 Oil barrels
44 Form a jury
47 Lots
49 Elaborately decorated
50 Gave lodging
53 Kitchen herb
54 Suggestion
55 Indication
56 Carefree escapade
57 Marsupial pockets
59 Fragrant blossom
60 Whodunit name
61 Bug repellent
64 Curly's friend



2	9		7	5		3		
	5		6		1	7		
	7							4
				6				2
	6		9		8		3	
5				7				
8							4	
		9	5		7		1	
		4		1	2		5	6

SUDOKU **LEVEL: EASY**

1		9	7			6		
					6	9	7	8
							1	3
	1		8				6	
9	5						2	7
	7				4		8	
3	9							
5	6	7	2					
		1			9	7		2

SUDOKU **LEVEL: HARD**

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

SUDOKU SOLUTIONS: **WWW.METRO.US/PUZZLES**

Solution to yesterday's crossword

R	E	A	P		T	U	B	A		C	E	L	L	O
A	L	M	A		A	N	O	N		U	N	I	O	N
K	U	B	L	A	K	H	A	N		T	R	E	A	T
E	D	O		L	E	I	S		B	L	A	N	D	
D	E	S	K	T	O	P		T	R	A	P			
		I	O	N		F	O	I	S	T	E	D		
P	E	A	L	S		T	I	D	E	S		O	Y	L
A	B	E	T		S	H	E	A	F		K	N	E	E
T	A	R		D	A	I	L	Y		B	O	S	S	A
	Y	O	D	E	L	E	D		B	O	P			
		O	L	A	F		W	I	N	S	O	M	E	
	F	A	M	E	D		B	E	A	U		R	E	L
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S	T	O	O	D		L	E	S	S		A	S	S	N

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Dana-Farber expert says simple lifestyle changes can reduce your cancer risk

Dr. Judy Garber

Every year, nearly 13 million people will be diagnosed with cancer and more than 7 million people will die of the disease worldwide. But Dana-Farber Cancer Institute wants you to know that you can reduce your cancer risk by making simple lifestyle changes.

Approximately one third of cancer deaths worldwide are tied to lifestyle and diet, making them largely preventable. By highlighting prevention people can pinpoint lifestyle choices that put them at greater risk for cancer, such as smoking, excessive alcohol intake and sun exposure.

According to the American Cancer Society, smoking is the most preventable cause of death in the United States. It also causes more than 80 percent of all cases of lung cancer and increases the risk of oral, throat, pancreatic, uterine, bladder, and kidney cancers.

"One of the things that we can do for prevention we've known about for a long time, but it's hard to do," says Judy Garber, MD, MPH, director of the Center for Cancer Genetics and Prevention at Dana-Farber Cancer Institute in Boston. "Stopping smoking would have a huge impact on cancer worldwide. And chewing tobacco, which is a lesser problem in the US, is a big problem in places like India, and for World Cancer Day, you have to think broadly about this."

"I think people need to try to live the healthiest lifestyle they can, from the earliest time they're willing to think about it," says Garber. "Another good place to start is by controlling our weight. We can do this by exercising, and exercising has its own benefits separate from weight loss."

Staying fit and healthy can be as simple as lacing up a pair of sneakers and going for a walk. Moderate to intensive aerobic exercise, according to studies, can reduce the risk of several cancers, including colon and breast. Here are some inexpensive ways to workout, but consult a doctor first.

- Using the stairs rather than an elevator.
- Walking or riding a bike rather than driving.
- Taking an exercise break or quick walk at work.
- Using a stationary bicycle or treadmill while watching TV.

Another tip for reducing your cancer risk is limiting alcohol consumption. It can save you money and it may lower your risk of developing some cancers. Dana-Farber researchers found that women who consume one alcoholic drink a day may increase their risk for breast cancer.

Let's not forget to protect your body's barrier. Sunscreen shouldn't be packed away after summer ends. It should be used year round. Skin can be exposed to harmful rays all year long. Snow, ice and water can all reflect the ultraviolet (UV) radiation that causes sunburn, which, in turn increases the risk of developing skin cancer. Some experts say winter sports enthusiasts can face just as much risk of getting sunburn as summer sunbathers. Dana-Farber experts remind to protect year round.

- Wear sunscreen, lip balm and makeup with an SPF of 15 or higher.
- Use UV-blocking eye protection, especially for skiing.
- In a tropical setting, wear a broad brimmed hat and UV-blocking sunglasses.
- Avoid excessive exposure to the sun, especially between 10 a.m. and 4 p.m. when the sun is at its strongest.

Garber says it is also important that people know their family's health history. "If you know that your family is prone to one cancer or another look into it. Besides detection, cancer screenings could be used to find pre-cancers and even prevent cancer."

For more information on how you can lower your cancer risk, visit **www.dana-farber.org.**

Dana-Farber Cancer Institute is a principal teaching affiliate of the Harvard Medical School and is among the leading cancer research and care centers in the United States. It is a founding member of the Dana-Farber/Harvard Cancer Center (DF/HCC), designated a comprehensive cancer center by the National Cancer Institute.

Dana-Farber's

March 2012	Site
Thursday 1	Brookside Community Health Center
Tuesday 6	Whittier Street Health Center
Wednesday 7	Martha Eliot Health Center
Thursday 8	Longwood Medical Area - Children's Hospital.
Tuesday 13	Bowdoin Street Health Center
Wednesday 14	Joseph Smith Community Health Center – Waltham
Thursday 15	Mattapan Community Health Center
Tuesday 20	The Dimock Center
Thursday 22	Southern Jamaica Plain Health Center
Tuesday 27	Bowdoin Street Health Center
Wednesday 28	Joseph Smith Community Health Center – Allston
Thursday 29	Mattapan Community Health Center

April 2012	Site
Tuesday 3	Whittier Street Health Center
Thursday 5	Mattapan Community Health Center
Tuesday 10	Harvard Street Neighborhood Health Center
Wednesday 11	The Dimock Center
Thursday 12	South End Community Health Center
Wednesday 18	Joseph Smith Community Health Center – Waltham
Thursday 19	Geiger Gibson Community Health Center
Tuesday 24	Bowdoin Street Health Center
Wednesday 25	Joseph Smith Community Health Center – Allston
Thursday 26	Mattapan Community Health Center

Mammography Van

Dana-Farber's Mammography Van brings state-of-the-art breast cancer screening to the women of Greater Boston.

DANA-FARBER CANCER INSTITUTE

To learn more or schedule an appointment, please call 617-632-1974.
Visit us on the Web at ***www.dana-farber.org/mammographyvan.***

Dana-Farber's Mammography Van is managed by Dana-Farber Cancer Institute's Mobile Health program and possesses a valid license and certificate of inspection issued by the Massachusetts Department of Public Health

Se Habla Español

Nou palé Kreyòl

Show Your Heart Some Love

February isn't only a month for trading candy hearts. It's also American Heart Month – a time to give some serious thought to the one heart you can't trade away – yours!

The American Heart Association lists heart disease as a leading cause of death among men and the number one killer of women. The Center for Disease Control and Prevention reports that one in every three U.S. deaths is from heart disease and stroke. That's over 2,000 deaths per day.

Fortunately, heart disease is often preventable. BMC HealthNet Plan, one of the state's leading health plans, offers these three suggestions for lowering your risk:

1) Don't smoke. Smoking puts an extra strain on your heart, and greatly increases your risk of developing heart disease. As many as 20% of deaths due to heart disease are directly related to smoking. And women who smoke while taking birth control medications face an even greater risk of heart attack – a risk that increases with age. If you do smoke, tell your primary care physician you want to quit, and check out Quitworks™ (www.Makesmokinghistory.org) for support and helpful information.

2) Get active. Exercise doesn't have to mean joining a gym, buying expensive equipment, or even picking up a new pair of sneakers. Whether you're training for a marathon or just taking a walk down your driveway, you can improve your health right now by doing just a little more today than you did yesterday. And then? Do a little more again tomorrow. Any regular activity that raises your heart rate will also improve your heart health, so get moving!

3) Eat right. Too much fat, sugar and salt in your diet makes your heart have to work harder, which increases your risk for heart disease, so set a goal to eat less of these. But good nutrition isn't just about cutting out what's bad for you; it's also about adding in what's good. Eat a wide variety of fresh foods as close to their natural state as you can get them – an orange is better than a glass of orange juice, and a baked potato is better than an order of french fries. Colorful fresh fruits and vegetables, dark leafy greens and whole grains add flavor and fiber to a heart-healthy diet. Learn how to "Rate your Plate" at the BMC HealthNet Plan Wellness Center in the Living Healthy section of ChooseBMCHP.com.

With spring's milder weather and farmer's markets on the way, soon it will be easier than ever to make the change to fresh air, fresh food and a healthy, more active lifestyle. Your heart – and your loved ones – will thank you for it.

Brought to you by BMC HealthNet Plan, serving 230,000 members throughout the state. ChooseBMCHP.com

What does "more" mean to you?

If you have trouble finding time for your health, you're not alone. With work, family, school, and other interests, health needs are often a casualty of our busy lives.

To help you and your family stay healthy, you need more than just a primary care doctor. You need a team that will work with you, help manage your health, and give you coordinated care for your unique needs.

We recently visited Cambridge Health Alliance (CHA) - a 3 hospital system with primary care sites in Cambridge, Somerville, Everett, Malden, and Revere - to find out how they are making this happen for their patients. Here's what we found:

New appointment systems: Several CHA sites are now using a new system that has open scheduling. This lets people call and make an appointment within a very short window of time – often on the same or next day for a routine visit. This is a major advantage for people with busy personal lives or ever-changing schedules.

For new patients, CHA has launched a Doctor Finder Service (617-665-1305). This is an easy way for people to get connected and make an appointment with a new primary care doctor.

New electronic medical record: Thousands of CHA patients are staying connected to their primary care teams through myCHArt. This secure online system lets you request an appointment, ask a question, request refills, or check test results. For matters that are not time sensitive, it is a great alternative to making a phone call. Another major benefit - it lets team members work together to coordinate your care.

Great options for families: With 15 primary care sites, CHA is able to offer patients different kinds of care. For example, you can select an internal medicine doctor for yourself, a pediatrician for your kids, or a family medicine doctor for the entire family.

Special programs for older adults: Because older adults have greater health needs, CHA has developed innovative programs like House Calls (serving Cambridge and Somerville) and the Elder Service Plan (serving 11 local communities) to provide additional support. They also partner with Senior Care Options plans to provide primary care and wellness services to adults who are already CHA patients.

A culture of respect: Most importantly, CHA has found a way to provide complete care in a respectful way. Their staff speak dozens of languages, and are committed to working with each patient and family to understand them as individuals and give them what they need to be well and thrive.

Find out more about Cambridge Health Alliance at www.challiance.org/beapatient. Or, to select a new primary care provider, call the CHA Doctor Finder Service at 617-665-1305.

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Contact BMC HealthNet Plan at 800-792-4355 or on the Web. For all your MassHealth health plan options, call 800-841-2900, M - F, 8 a.m. - 5 p.m. (TTY: 800-497-4648).

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Tired of wearing Glasses or Contacts? Your Wait For Improved Vision Is Over

For a limited time get a free LASIK evaluation (a $250 Value) and get $0 down & 0% financing for a up to 2 years! New England Eye Center is excited to introduce you to the ultimate in laser vision correction, its called iLASIK™ and it's the culmination of everything we've learned about LASIK over the past decade. Now that the iLASIK procedure is available, there's really no reason to put off having laser vision correction surgery.

The introduction of the iLASIK procedure means your wait for improved vision is over, because:

1. Most people are candidates – Get a free evaluation today

2. iLASIK technology is advanced and innovative — so it's safe and proven

3. The iLASIK procedure is not complicated — it's fast and virtually painless

The iLASIK Procedure — It's Safe And Proven

The technology used in the iLASIK procedure is very mature and very safe. Doctors have been doing LASIK for over a decade. Nearly 32 million LASIK procedures have been performed to date, making it the most common elective vision procedure in the U.S. In fact, all branches of the U.S. military and NASA recently approved LASIK for their servicemen and women thanks to studies using iLASIK technology.

You're Probably A Candidate

The reality is that the majority of people who meet the age and general health requirements are in fact good candidates for the iLASIK procedure. There are some conditions that exclude certain patients, but whether you have nearsightedness, farsightedness or astigmatism, there's a good chance you can still have the iLASIK procedure.

If you meet the basic criteria below, you should call today to book your free evaluation:

- You are at least 18 years old
- You are in good general health
- Have had a stable vision prescription for at least one year
- Have no existing eye disease

Presbyopia Correcting IOLs (Multifocal IOLs)

Presbyopia is a condition that most people over the age of 40 experiences that result in difficulty seeing up close without the aid of bifocals, trifocals, or reading glasses. The age-related condition is believed to be caused by a hardening of the lens inside the eye, making it difficult for the eye's muscles to change its focus.

Over time, the lens becomes cloudy and develops into a cataract. It is said that, if we live long enough, we will all develop cataracts. The only way to treat cataracts is to remove and replace them with an Intraocular Lens (IOL).

Until recently, the primary option was to receive a "fixed focus" IOL. Patients who received this type of IOL typically had both eyes corrected for distance vision but usually still required glasses for intermediate and near vision.

If you are experiencing presbyopia or cataracts, you may be a candidate for one of the new technologically advanced IOLs that can provide a full range of vision. This means that you can read and see clearly in the distance and everything in-between, with little or no dependence on bifocals, trifocals, or contact lenses. It's almost like having a bifocal or progressive lens inside your eye.

Depending on the technological features of these IOLs, they may be described as "Accommodating IOLs", "Apodized-diffractive IOLs", or "Multifocal IOLs". Each of these lenses has some advantages and disadvantages. Which one is best for you depend on the unique characteristics of your eye as well as your lifestyle needs.

The vast majority of patients who chose a Multifocal lens report they can read a book, work on a computer, drive a car and play golf or tennis with an increased freedom from glasses. Multifocal lens surgery can address cataracts, presbyopia and astigmatism.

Intraocular Lens for Astigmatism

Advances in Intraocular Lens (IOL) technology now provide a reliable and effective option for patients with astigmatism. Until the recent introduction of Toric IOLs, people who are considered candidates for intraocular lenses could only have their nearsightedness and farsightedness corrected during lens implant surgery. Patients with astigmatism would either require corneal refractive surgery (LASIK, PRK, or LRI) after lens implant surgery or they would remain dependant on glasses or contacts due to uncorrected astigmatism.

Astigmatism is caused by the cornea being more curved in one direction than the other, much like a football. Toric IOLs are specially shaped IOLs designed to offset the imbalance created by the irregular shape of the cornea. Once implanted and aligned inside the eye, they stay fixed in place, thereby eliminating pre-existing astigmatism.

New England Eye Center

A leader in Vision Correction in Boston & New England for 21 years, New England Eye Center is the Ophthalmology Department for Tufts Medical Center & Tufts University School of Medicine. We have four board certified cornea specialists on staff that trains LASIK doctors from all over the world. **Call 617-636-7800 today to set up a Free Evaluation** or visit us online at **www.MyLasikDoc.com.**

Patients Trust New England Eye Center For Quality Eye Care

Just some of the Services offered at the New England Eye Center

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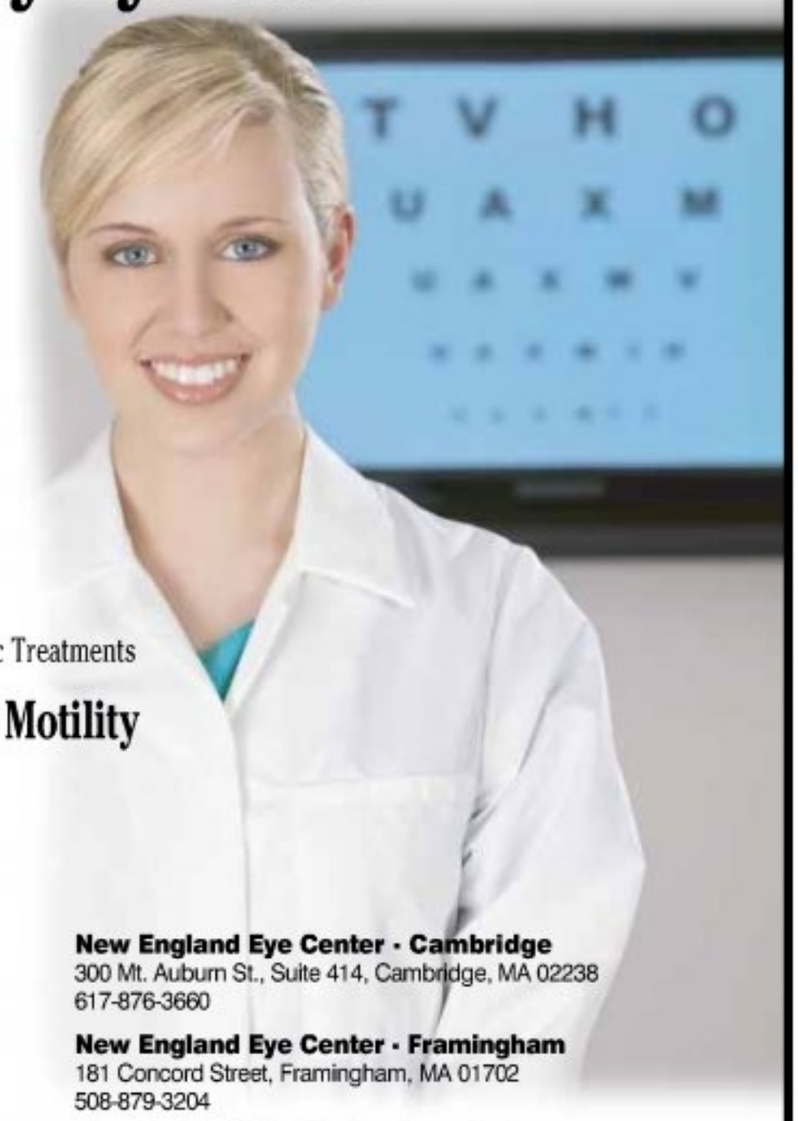
  (call 617-636-7800 or Toll-Free 1-888-51-LASIK)
  - LASIK (reduce dependency on Glasses & Contacts!)
  - CK (toss those reading glasses)
  - ReStor or Crystalens (for the Cataract patient)
- **Cosmetic Eyelid and Facial Surgery**
  (call 617-636-7771)
  - Repair of drooping and sagging upper lids
  - Removal of lower eyelid bags • Brow Lift
  - Microdermabrasion • Botox for wrinkles • Other Cosmetic Treatments
- **Pediatric Ophthalmology and Ocular Motility**
- **Glaucoma & Cataract**
- **Macular Degeneration**



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Online: www.MyLasikDoc.com or www.neec.com

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Diabetes and High Blood Pressure: A Dangerous Combination

Many people with diabetes also have high blood pressure. It is very important for everyone, but especially those with diabetes to control their blood pressure. Having both diabetes and high blood pressure increases the risk for:

- Heart attack
- Stroke
- Eye and kidney disease

What is Diabetes?
Diabetes is when your body does not make enough of a hormone called insulin or may not use insulin properly. Insulin helps your body use sugar from your food as energy or stores it for later use. When this does not happen, too much sugar stays in your blood.

Over time, high blood sugar can lead to serious problems. It can harm your eyes, nerves, and kidneys. It can damage your blood vessels, leading to heart disease and stroke, and it can reduce blood flow to parts of your body, especially your feet. This can cause pain when you walk and slow healing.

What is High Blood Pressure?
Blood pressure is a measure of the force of blood against the walls of your arteries. Blood pressure readings include two numbers, such as 120/80. For diabetics a blood pressure reading of 130/80 or above is considered high blood pressure.
It is important to keep track of your blood pressure to be aware of any changes.

Who is Most at Risk?
While no one is sure what causes diabetes and high blood pressure, research has shown that some people may be at higher risk.

Risk factors for diabetes include:

- Having a history of diabetes in the family
- Being overweight
- Being inactive
- Having high blood pressure or high cholesterol
- Being over age 45
- Being of African, Asian, Hispanic, Native American or Pacific Islander heritage
- Having exposure to certain antipsychotic drugs
- Having a prior history of gestational diabetes or birth of at least one baby weighing more than nine pounds

You are more at risk for high blood pressure if:

- You smoke
- You are overweight
- Others in your family have high blood pressure
- You are African American
- You don't get regular exercise
- You drink too much alcohol
- You have a lot of salt or not enough calcium, potassium, or magnesium in your diet
- You use decongestants, anti-inflammatory drugs (such as ibuprofen or naproxen), or steroids on a regular basis

The Symptoms
Symptoms of diabetes and high blood pressure can appear suddenly or over time. And, it's unlikely that anyone would have all of these symptoms. It is possible to have type 2 diabetes with no symptoms.

- Frequent urination
- Increased thirst
- Extreme tiredness
- Weight loss (in spite of in creased appetite)
- Blurred vision
- Slow-healing infections or wounds
- Pain, numbness, or tingling in the feet

Here is What You Can Do
Diet – Follow healthy eating guidelines:

- Eat a variety of foods
- Limit fat, especially saturated and trans fat
- Limit cholesterol
- Eat enough starch and fiber
- Limit sugar
- Monitor sodium (salt) intake

Medication – Your health care provider may recommend medication to help you reach your health goals. Medication may help you, whether you are pre-diabetic, have high blood pressure, or have diabetes and high blood pressure.

Be Physically Active – Every little bit helps, even just five minutes a day is a start. A half hour of walking several days a week could make a big difference in your health. Check with your health care provider if you need advice on which types of exercise are best for you.

More Information

Your health care provider can answer your questions and refer you to a specialist if you need one. Other members of your health care team may include a dietitian, nutritionist, or a certified diabetes educator (someone who helps manage and adjust your care).

For more information on diabetes and high blood pressure you can also visit these websites:

Neighborhood Health Plan
www.nhp.org/diabetes

American Diabetes Association
www.diabetes.org

Centers for Disease Control and Prevention
www.cdc.gov/diabetes

National Heart Lung and Blood Institute
www.nhlbi.nih.gov

I take care of my diabetes and blood pressure…

so I can keep doing the things I want to do.

I know if I take care of my diabetes and blood pressure, I have a better chance of enjoying life into my senior years. So I eat right, exercise moderately, and take my medications. Taking care of myself is easy compared to what I could face if I don't—complications like kidney failure, heart attack, and stroke. Talk to your health care provider to find out how to live well with your diabetes.

Learn more at www.nhp.org/diabetes

nhp.org

Neighborhood Health Plan™
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Regis College – Partnerships, Partnerships, Partnerships

"Our world is crossing many thresholds in the development and interrelationship of different kinds of knowledge. The necessity of the present and the wave of the future are partnerships, partnerships, partnerships – between academic institutions themselves, between academic institutions and industry, between academic institutions and hospitals, biotech, and business. Regis is already engaged in a number and variety of such partnerships." **Antoinette Hays, President of Regis College**

There was a time when colleges were brick enshrined institutions –proverbial "ivory towers" – where intellectual pursuits took place in isolation. ***No more!*** Partnerships that integrate the strengths of private and academic institutions are essential for educating students to face the challenges of the 21st century. **Regis College's Department of Graduate and Professional Programs** offers the partnerships needed for students to succeed academically and professionally.

Partnering with Lawrence Memorial Hospital, Regis offers an **Associates of Nursing** and an **Associates of Science in Medical Radiography** degree. Students take courses at the hospital and on the Regis campus. Upon completion of their AS degrees students can continue their education at Regis to earn baccalaureate and masters degrees.

A partnership with the Massachusetts General Hospital Institute of Health Professions allows initially licensed teachers and non-teachers to earn a **Master of Arts in Teaching Reading**. Licensure courses are held at the MGH Institute and degree completion courses are at Regis College.

Not confined by state or country borders, Regis is educating students in the wider- world. **The Regis College School of Nursing, Science and Health Professions** (SNSHP) has partnered with the Haitian Ministry of Health and Partners In Health to manage an education and leadership program for Haitian nursing faculty. Studying on the Regis campus, students earn their MS in Nursing and then use their training to teach others in their communities. This program also provides service-learning opportunities for Regis faculty and doctoral nursing students.

The Regis SNSHP also partners with the Brandeis Heller School for Social Policy and Management allowing for cross-registration of courses. Students from Assumption and Stonehill Colleges receive special consideration for enrollment into Regis' Graduate Nursing and Nuclear Medicine Programs.

Partnerships are also a valuable way to bring knowledge-experts onto the Regis campus. **The Leadership Series on Health**, with Harvard Pilgrim Health Care, offers free lectures designed to interest and inform both students and the general public.

Offering classes directly at businesses, schools and hospitals is another way Regis works with institutions. Nursing students take classes and clinical training at Boston area hospitals. Regis partners with Catholic schools to offer courses for their teachers. Clinical Research courses, held at the Marlborough Conference Center, take Regis into the heart of the Massachusetts biotech corridor.

Finally, Regis College partners with its students to help them achieve their educational goals. To lean more attend an **information session** on **March 13 at 6pm** or contact **Regis at 781-768-7330** or www.regiscollege.edu/grad.

Bariatric Surgery – Weight Loss and Much More

Dr. Scott Shikora
Director, Center for Metabolic Health and Bariatric Surgery, Brigham and Women's Hospital

Although bariatric surgery has proven to be an effective and lasting treatment for morbid obesity, mounting evidence suggests that the benefits go far beyond weight loss.

According to Dr. Scott Shikora, Director, Center for Metabolic Health and Bariatric Surgery at Brigham and Women's Hospital, the ultimate goals of weight loss surgery should be the health benefits, not just the weight loss. He explains that most of us are aware that bariatric surgery can lead to dramatic weight loss and a corresponding increase in self-esteem, but many of us don't realize how many metabolic diseases and conditions can be effectively treated through weight loss surgery.

Shikora and his peers are thus trying to raise awareness about the breadth of weight loss surgery's benefits. "The field is now more focused on the health benefits of weight loss surgery," says Dr. Shikora. "We talk to patients about the health benefits first, and then we talk about weight loss."

Less Weight Equals Better Health

Weight loss surgery, like other weight loss methods, is important for treating heart disease, depression, asthma, infertility in women, osteoarthritis, and gout. However, bariatric surgery is also believed to be particularly effective at treating metabolic conditions such as type 2 diabetes, high blood pressure, high cholesterol, fatty liver disease, and obstructive sleep apnea – and in some cases, such as type 2 diabetes, independent of weight loss.

"Gastric bypass, in particular, has been shown to be extraordinary in its ability to improve or even cure diabetes," says Dr. Shikora. He explains that over 80 percent of patients with type 2 diabetes can expect to leave the hospital with normal blood sugars and be off all their medications within days of surgery.

Furthermore, a recent Swedish study has shown that obese patients who undergo bariatric surgery are less likely to die from a heart attack or stroke than those patients who undergo more conventional treatment for their weight condition.

"Quite simply," explains Dr. Shikora, "I'm convinced that, overall, qualified candidates who opt to have bariatric surgery end up living longer and having a better quality of life."

A Team Effort

Dr. Shikora's team, one of the most experienced in New England, features surgeons, dietitians, physician assistants, psychologists, and nurses who specialize in caring for weight loss surgery patients. They also collaborate closely with other departments within the hospital to provide comprehensive preoperative, surgical, and postoperative care.

For more information about bariatric surgery at Brigham and Women's Hospital, call 1-800-BWH-9999 or visit www.brighamandwomens.org/weightloss-surgery.

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Thinking about Weight Loss Surgery?

If you are you looking for an effective way to finally lose weight, consider the Center for Metabolic Health and Bariatric Surgery at Brigham and Women's Hospital and Faulkner Hospital. Our comprehensive program* offers a variety of options based on your needs, including the latest in surgical treatments to help you achieve and maintain a healthier weight. Our team of experienced surgeons is dedicated to finding the best solution for you.

Learn more at a free information session at either of our two locations – Brigham and Women's Hospital or Faulkner Hospital, register at **(617) 732-8500** or visit **brighamandwomens.org/weightlosssurgery**

BWH BRIGHAM AND WOMEN'S HOSPITAL
Center for Metabolic Health and Bariatric Surgery

We welcome our new Director of the Center for Metabolic Health and Bariatric Surgery, Dr. Scott Shikora.

From left: Dr. David Lautz, Dr. Ashley Vernon, Dr. Malcolm Robinson, Dr. Scott Shikora, Dr. Jooyeun Chung and Dr. Ali Tavakkoli

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GETTY IMAGES

▶ Gregory Campbell and the Bruins haven't faced off against St. Louis since Nov. 6, 2010.

The dog days of winter

Bruins playing worst stretch of hockey since October Questions popping up as to whether they'll be Stanley Cup worthy this postseason

The Bruins did not spend Presidents Day selling cars. But they most certainly worked on refueling their engines.

Mired in their worst stretch of hockey since the opening 10 games of the season, head coach Claude Julien made the easy call Monday, giving his road-weary Bruins the day off, in advance of tonight's game against the Blues in St. Louis (8 p.m., NESN).

And after a frustrating 2-0 loss to Minnesota on Sunday, never was a day off more appreciated.

"When you're not winning you sometimes think that practicing will solve the issue, but I sense a lot of weight on their shoulders right now," Julien said. "You can feel it. It's heavy."

The Bruins are currently suffering through their worst month since October. Back then, it was a Stanley Cup hangover that led to a 3-7 start to the season. Now, in February, heavy legs have translated into a 3-6 month, including being shut out four times.

The schedule does not get any easier the rest of the way. Starting with tonight's game, the Bruins play 25 games over the final 46 days of the regular season. After having this upcoming Sunday and Monday off, following the conclusion of their current six-game road trip, the Bruins will have two consecutive days off just once over the season's final 40.

Not that anyone is crying tears for the defending champions. Fatigue promised to be a factor after the Bruins played all but three possible postseason games last spring, and now, it has become a reality the team must overcome over the next six weeks.

JEFF GOLDBERG
sports@metro.us

Quoted

"The effort is there, we're just not executing and putting pucks in the net. You can see everyone's trying, maybe trying too hard." SHAWN THORNTON

ON TV TODAY

Bruins at Blues
8 p.m., NESN

Red Sox spring notes

All starters except for **David Ortiz** and **Jacoby Ellsbury** have been spotted at camp … The Red Sox added left-hander **Rich Hill** to their 40-man roster … **Daisuke Matsuzaka** hinted that he might be back sooner than his expected July return date … **Ben Cherington** on pitcher **Chris Carpenter**, the compensation for **Theo Epstein's** departure to Chicago:

"We're really happy to have (Carpenter). He's a young power arm reliever we think has a chance to be a really good big league pitcher." METRO/MB

OPEN HOUSE
March 3rd at 10 am
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Come to our open house and learn about MPI's programs:
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And get the information on how to become a Practical Nurse.

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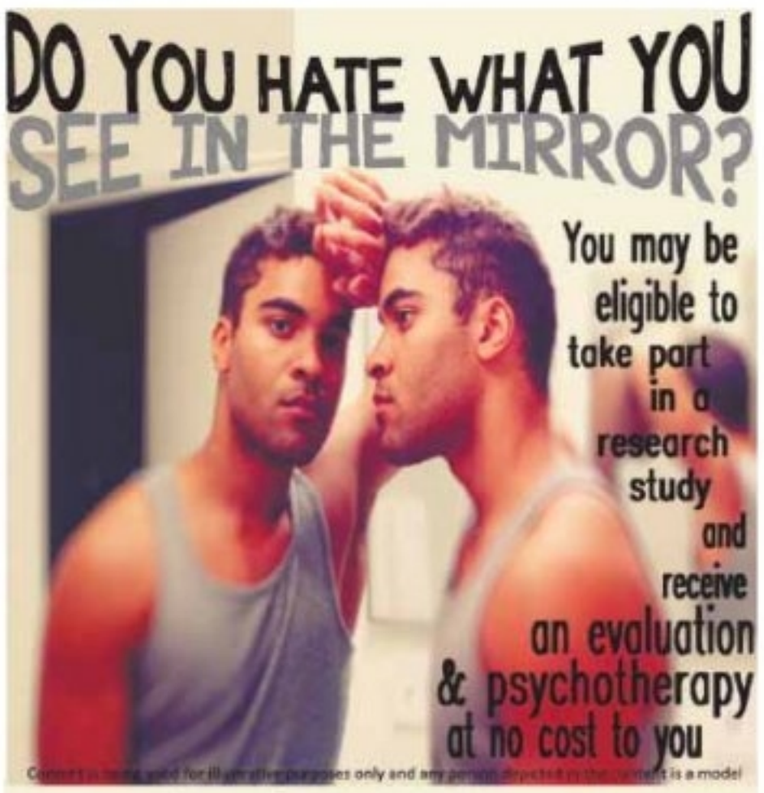
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at home with metro

Pull off prints

Forget monastic minimalism
Now's the time to deck your home in fun prints and patterns

"Prints and patterns have been huge trends for the last few years and show no sign of slowing down," says Tricia Guild, the founder and Creative Director of Designers Guild. "They offer a sense of modernity that plain textiles just do not have."

While print wallpaper and upholstery may read like a throwback to a bygone age, today's prints are inspiringly vibrant and make for a room that you'd actually want to spend time.

As Guild puts it, "Prints lend themselves to a more eclectic look that reflects one's personality and spirit."

A harmonious clash

When using a mix of prints, you need to "pick out a color to link the clash," advises Guild. "In this blue sitting room, we've used more than eight patterns. But the effect is harmonious because the color palette is restricted to a cobalt and white crispness."

Don't go wild

It's important to reel in your creative wild side, especially when it comes to decorating with busy animal prints.

"Don't mix too many animal prints together, and use a plain neutral such as black along the edges of curtains, cushions, rugs and lampshades," says Guild. On accent walls, she adds, "I think pattern all over the room is more up-to-date — the feature wall feels a bit passe."

ALL PHOTOS: COURTESY OF DESIGNERS GUILD

▶ Prints reflect your personality and spirit, says Guild.

Make it work

You don't have to live in a sprawling urban palace to make prints work in your place. If you don't want prints to dominate, temper the look by "choosing a wallpaper that is not too strong," says Guild. "Generally, smaller-scale prints are best in tighter rooms or just add accent print pieces like cushions or throws. However, there are no real rules — and sometimes a large-scale pattern can look amazing," she says.

RICHARD PECKETT
METRO WORLD NEWS IN LONDON

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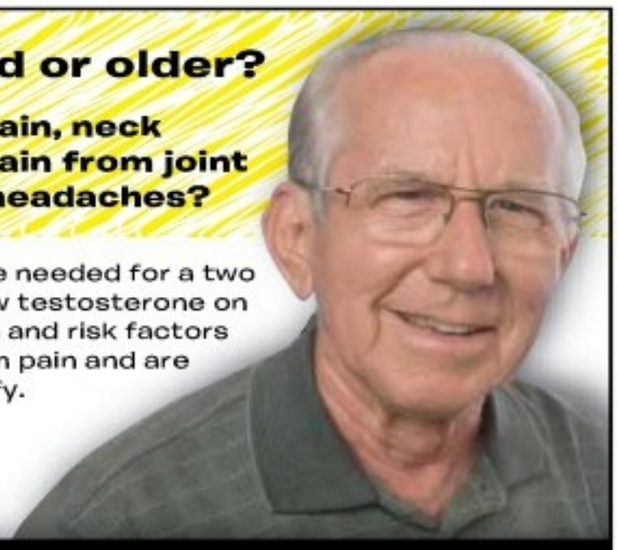

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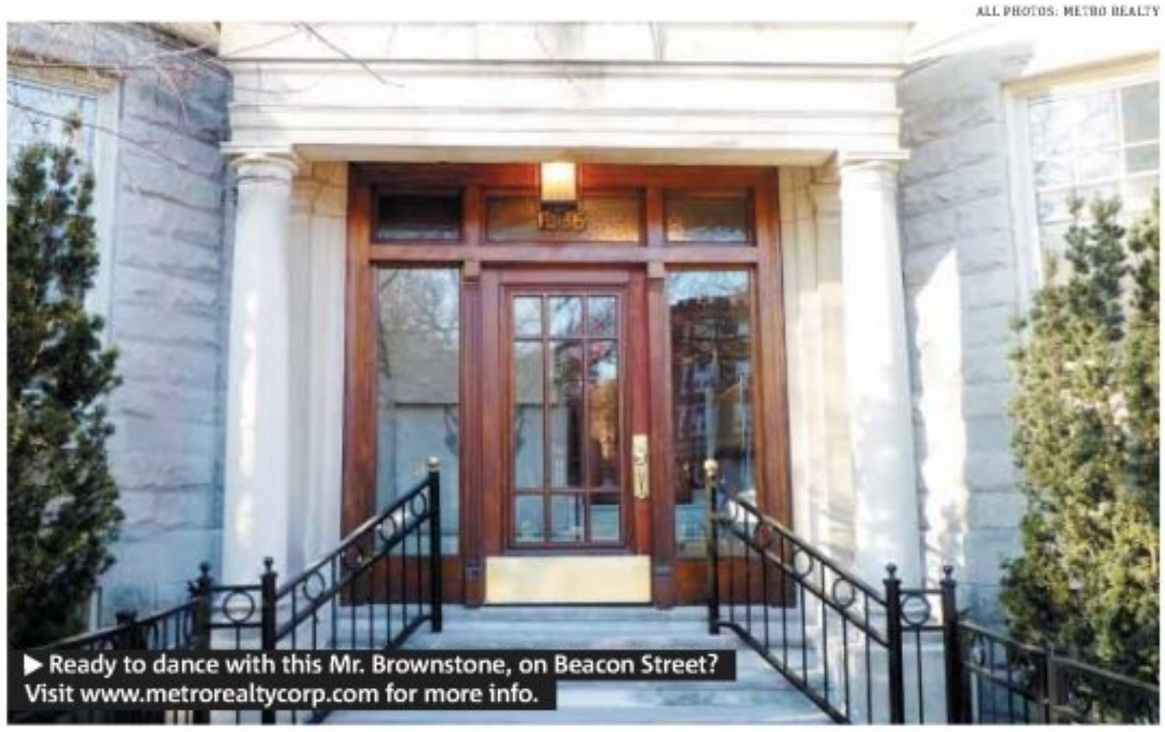

▶ Ready to dance with this Mr. Brownstone, on Beacon Street? Visit www.metrorealtycorp.com for more info.

A Brookline property that just came on the market boasts a porch, original stained glass and lots of space

With warmer weather around the corner, a homeowner's thoughts turn to the outdoors. That's not always applicable with an urban condo, but one newly renovated Brookline brownstone offers residents a sizable private screened porch. The first-floor units also get exclusive use of a private gated garden area in front of the building, while the top floor units have roof rights.

The first of this pre-World War I building's six units hit the market mid-February — and though outdoor access is a big draw, the main attraction is the interior, which has been meticulously renovated to retain original features. A prime location by Coolidge Corner is a plus.

"The building is a classic Brookline brownstone through and through," says listing agent Adam Umina of Metro Realty, which is not affiliated with this newspaper. "The developer wanted to keep all of the original charm and richness of the period by paying close attention to details."

One particular feature stands out: The original stained glass windows were preserved..

"Matching stained glass was added to the transoms above the unit doors to enhance the look and feel of the building," says Umina. "It is truly inviting and has a warmth about it that makes people really feel at home."

Buy now

Unit 1, 1236 Beacon St. Brookline

This first floor two-bed, one-bath condo has a patio and garden area. The 1,100 square feet of living space includes separate dining and living rooms. The building has a common laundry area, exercise room and basement storage areas. There's parking for rent and purchase. There is no elevator. The building is pet-friendly. List Price: $499,000. Monthly condo fee: $376 (includes all amenities except electric). Listing agent: Adam Umina, 617-921-5866.

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The interior at 1236 Beacon St.

In the home

This winter, show your houseplants some love

Stingy winter sunlight and forced air heat do not make for happy houseplants. But luckily, even February won't get them down for good. We checked in with Patricia Schrieber, education director of the Pennsylvania Horticultural Society, for tips on perking up your potted plants as spring approaches. As it turns out, your unenthusiastic fern isn't that much different than your bummed out roommate. ● MONICA WEYMOUTH

POLKA DOT

▶ This guy could use a friend — and a little snack, while you're at it.

Begin fertilizing again

December and January were rough, but it's nothing a little snack can't help shake away. "In the dead of winter, you don't need to fertilize, but now you might want to start — the days are getting longer and the plants are starting to wake up out of their winter doldrums," she says.

Let them hang out with their friends

You're not the only one who feels isolated in the winter months. Invest in a plant stand, and let your plants spend the day together.

"Plants, like people, like to be around others," says Schrieber. "It's nice to have a collection of plants if you want to extend the gardening experience."

Cut them some slack

It's February — if your spider plants don't look thrilled, that's normal. "A lot of times people feel disappointed by the performance of their plants, but they might just be going through their natural winter cycle, much like plants in their natural environment," says Schrieber.

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By Attorney George Warshaw

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Buy a home for $500,000, but request a loan for only $250,000 (i.e. 50% LTV). You may care if the appraisal comes in at $400,000, but the bank won't. That's because the appraised LTV is still well below the 80% safe-loan benchmark.

The time to protect yourself is in your offer. Ask your broker or attorney whether your offer should be subject to an appraisal of no less than the purchase price of the house.

It may protect you in the end. © 2012 George Warshaw.

GWA

George Warshaw is a real estate and estate planning attorney in Massachusetts. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts for individuals and families. George welcomes new clients and questions at metro@warshawlaw.com.

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